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AFM 69

# MONTHLY CALENDAR

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SUN	MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUN	MON	TUE	WED	THU	FRI	SAT
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

SUN	MON	TUE	WED	THU	FRI	SAT
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

SUN	MON	TUE	WED	THU	FRI	SAT
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

# SUMMER, 1894

## ECLIPSES IN 1894.

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In the year 1894 there will be two eclipses of the sun and two of the moon.

I. A PARTIAL ECLIPSE OF THE MOON, MARCH 21ST.—Visible in the early morning in the Central and Western portions of America.

II. AN ANNULAR ECLIPSE OF THE SUN, APRIL 5TH.—Visible throughout Asia.

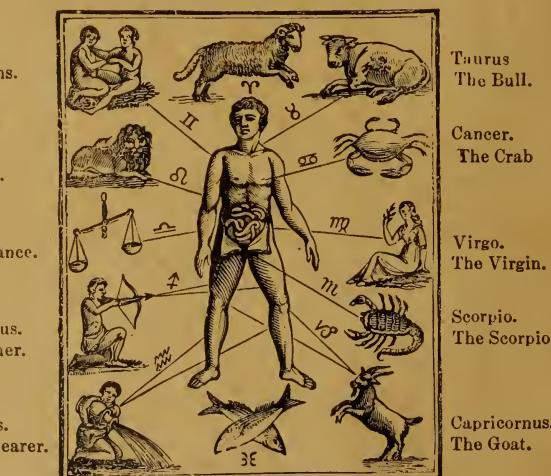
III. A PARTIAL ECLIPSE OF THE MOON, SEPTEMBER 14TH.—Visible in America and Western Europe.

IV. A TOTAL ECLIPSE OF THE SUN, SEPTEMBER 28TH.—Visible in the Central and Eastern portions of Africa and throughout the Indian Ocean.

### TRANSIT OF MERCURY.

The planet Mercury will cross the sun's disc on November 10th, making the external contact at 10h. 55m. 40s. a.m., Eastern Standard time; central at 1h. 34m. 23s. p.m., and last or external contact at 4h. 13m. 9s.

The Ram.—Aries.



The Fishes.—Pisces.

NOTE.—The times given in the Almanac for Sun rise and Sun set, Moon rise and Moon set, are in *local mean time*. To obtain the standard (Eastern) time of these events, subtract 5 minutes for Montreal and add 18 minutes for Toronto. For other points in Eastern and Central Canada, correct the Montreal and Toronto times respectively, by adding or subtracting the difference between standard and mean local time.

# An Old Sailor's Story.

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*"No, no, I shan't stay here: I'm going home. You can't cut me up and stuff me with sawdust."*

These words were addressed by an old sailor to the doctors in an hospital. He had weathered many a gale and faced without fear other perils of a roving career, but that group of scientific gentlemen with sharp and shining knives terrified him. No great wonder either. To be slashed in a fight is one thing and to be slashed when lying helpless on one's back is quite another. It's all meant for one's good to be sure, but none the more welcome for that. This was only the other day, so to speak. Before we can come at the details of it there's a short yarn to be spun.

Dick Wadham, when a mere lad, ran away from a fishing smack and went to sea in dead earnest.

Some time or other almost every English boy must have felt the impulse to go to sea. It is in the blood of the race. Englishmen would not have planted colonies and done business in all parts of the earth if they were afraid of the water.

Dick's first voyage was from Liverpool to Melbourn in the good ship "Victory." She was a sailing vessel, of course. The days of steamers making a six weeks' run of it were yet in the future. The "Victory" did it in 105 days, which was a quick passage. She carried a full cargo and 480 passengers.

From Melbourn the "Victory" spread her wings for India, touching at Colombo, now an important shipping and commercial point in Ceylon. On that island—the isle of Bishop Heber's "spicy breezes"—our sailor lad saw the coolies picking moonstones and other valuable jewels out of the beds of un-

ning streams; but to his regret he was not allowed to gather any on his own account. Thence to Bombay and finally to Calcutta sailed the "Victory," where Dick was paid off and had time to look with wondering eyes at the strange things India—that land of magic and mystery—showed him at every point of the compass.

Whether it was while he was in India that he—But, hold on! There's no use of guessing at anything. We have facts enough if we overhaul them.

Well, then, after having swallowed all of India that his young British stomach and conscience could stand, Dick signed articles on the Blackwall ship "Canning," bound for Demerara with a load of coolies. From Demerara the ship took a cargo of rum and sugar to the West India Dock, London, where Dick was glad to arrive after so many thousand miles of tossing sea.

But did his experience—much of it very rough—cure our English lad of his love for a maritime life? What a question! No, it didn't. Old Neptune had got his grip on the boy, and drew him back to salt water as a magnet draws an iron filing. But we cannot follow him on all his numerous and long voyages. Off to India again, then to China, then to America, and so on to almost every quarter of the globe. Howling storms, sickening calms, heat, cold, and more incidents than could be crammed into a book, made up his experience as they do in the case of all sailors. Meanwhile the boy grew to be a man, with toughened hands, a bronzed face, and hard muscles; yet with the same kindly honest heart that he carried in his breast when he ran away to see the world a mere lad of seventeen.

But life is like a circle. As we near the grave we think of the cradle our mother rocked us in--only yesterday as it seems.

Dick was not an old man yet; in fact, he isn't now, but his friends persuaded him to knock off the sea and take to some employment with a trifle more shoregoing about it. He consented, and ever since he has commanded a barge running between Rochester and London. No man in the business is better known nor possesses more largely the respect and confidence of everybody who has dealings with him than does Captain Wadhams, of the barge "Alice."

Now here is a curious thing. We are often in danger when we think we are safe, and safe when we think we are in danger. In all his voyaging over the ocean's vast stormy surface Dick had suffered no serious accident, and as to health he throve on hard work and forecastle diet. If there is any better way of saying that he was blessed with a cast-iron constitution perhaps you will mention what it is. In a word he was strong, fearless and fortunate. Thus far luck ran right—for Dick Wadhams of Rochester.

But there was to be a falling barometer and heavy weather. One day in June, 1890, while on one of his regular trips, he felt really ill for the first time in his life. He couldn't account for it; he could scarcely believe it. *He ill?* Sailor Wadhams?—who had been through every imaginable sort of exposure to disease without starting a rope yarn of his health; who had been spared in every climate and under all circumstances of risk and peril? After such a series of escapes on the high seas and in foreign lands was he *now* to be sent groaning to his bunk on a barge with the English coast under his lee? It looked like a bit of nonsense and absurdity, yet that is exactly what happened.

From this point on we will let the Captain do the talking himself, as we should have

let him do it from the start. Still we can't go back and write the story all over again. So if we have made a mistake it will have to stand as a mistake, and we'll do better next time.

In conversation with the writer the other day (it was in the cabin of the "Alice" as she lay in the canal at Limehouse) Captain Wadhams told the adventures we have condensed above, and then went on to speak about what he has been through since. We give his talk as nearly as possible in his own words, and in no particular has anything been changed or exaggerated in spirit or purport.

"I can't tell, sir," said the Captain, "what the cause was, but I'm not likely to forget the trouble that came upon me that day. I was mazy, and tottered about like a green hand on the deck of a rolling ship. Then it turned into colic, painter's colic I thought it was, and I suffered awfully before I got relief. As I never had anything of this sort before, you can fancy, sir, I didn't know what to make of it. I hoped it would pass off, but it didn't; it kept coming on me more and more, as a cloud spreads out over the sky.

"Well, sir, when I got home after that trip, for I was taken ill on my barge, you know, I felt bad all over. In a few days there didn't appear to be a sound spot about me, inside or out. There was so many things the matter all at once I had nothing to go by to tell which was the cause and which the symptoms, as the doctors say. It was like a ship springing a leak in twenty places at the same time, everywhere from stem to stern."

"You can remember where some of the leaks were located, Captain, no doubt?" said the writer.

Leaning back on his seat the sailor was silent for half a minute, as though making an effort to get the facts in some sort of order, then he went on: "If you don't mind  
(Continued on page 4)

## Not One in Fifty.

How many really healthy persons are there? Hardly one in fifty. What ails nearly all of us? We eat and still lack strength. We are soon tired, both body and mind. We are "under the weather" without knowing why. Women are languid, "easily upset," "not at all well," "nervously depressed," and have many curious aches and pains. Men (strong looking men, too) complain of lack of ambition and energy, dull headedness, and loss of snap in business. Chances to make fortunes slip through their fingers because they are afraid to grapple with them. Eat more simple food, rest more, sleep more, and use Mother Seigel's gently-acting Pills.

## A Good Excuse.

Judge—Why didn't you give the purse to the police when you found it?

Prisoner—Because it was late in the evening.

Judge—But why didn't you give it on the following morning?

Prisoner—Because there was nothing more in it then.



ENGLISH

## The Opening Gun.

She—You live in bachelor apartments, do you not? How do you like it?

He—Fairly well, but it isn't half such a nice place as this is.

## Would You Live Long?

Man's natural term of life is 120 years. Why doesn't he live that long? Because he eats, drinks and debauches himself to death. Would you like to stay here as long as you can? No doubt. Then look out. Don't outrage nature's laws; and when you need a medicine at all take something gentle and helpful, like the vegetable preparations of Mother Seigel, who lived long and was never racked with pain after she found the secret of health.

Don't forget that kindness and tenderness are needful to successful nursing. Human nature longs to be soothed and comforted on all occasions when it is out of tune.

## Great Air.

"And is the air healthy here?" asked a visitor to a mountain resort?

"Excellent, sir, excellent. One can become a centenarian here in a little while."

## 1st Month.

## JANUARY, 1894.

## 31 Days.

1 <sup>st</sup> Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers.			For Toronto and Prov- ince of Ontario, lying on and bet. the Great Lakes			MOON'S PHASES.	75 <sup>th</sup> MERIDIAN.	90 <sup>th</sup> MERIDIAN.	105 <sup>th</sup> MERIDIAN.
			Sun rises.	Sun sets.	Moon rises.	Sun rises.	Sun sets.	Moon rises.				
1	MON.	Circumcision—New Year's Da	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.	h. m.*	6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
2	TUES.	Gen. Wolfe born, 1727.	7 40	4 27	2 37	7 34	4 33	2 34		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
3	WED.	Battle of Princeton, 1777.	7 40	4 28	3 44	7 34	4 34	3 59		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
4	THUR.	Sir Isaac Newton born, 1643.	7 40	4 29	4 50	7 34	4 35	4 44		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
5	FRID.	Sir Isaac Newton born, 1643.	7 40	4 30	5 55	7 33	4 36	5 47		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
6	SATUR.	Paris bombarded, 1871.	7 40	4 31	6 54	7 33	4 37	6 46		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
7	SUN.	<i>Lipophilany.</i>	7 39	4 32	sets.†	7 33	4 38	sets.†		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
8	MON.	Gen. Putnam born, 1718.	7 39	4 33	4 56	7 23	4 39	5 04		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
9	TUES.	Galileo, died, 1642.	7 39	4 34	6 03	7 33	4 40	6 10		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
10	WED.	Emperor Napoleon III, d'd, 1873.	7 39	4 35	7 11	7 33	4 41	7 17		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
11	THUR.	Stamp Act passed, 1765.	7 39	4 36	8 19	7 33	4 42	8 23		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
12	FRID.	Sir J. A. Macdonald born, 1815.	7 38	4 37	9 27	7 33	4 44	9 27		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
13	SATUR.	Lavater, physiognomist, d'd, 1801.	7 38	4 38	10 36	7 33	4 45	10 36		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
14	SUN.	Salomon P. Chase born, 1808.	7 36	4 39	11 40	7 32	4 46	11 48		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
15	MON.	Gibbon died, 1794.	7 36	4 41	morn. *	7 32	4 47	morn. *		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
16	TUES.	Talma born, 1783.	7 35	4 42	0 59	7 32	4 48	0 56		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
17	WED.	Da'iel Webster born, 1782.	7 35	4 44	2 17	7 31	4 49	2 11		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
18	THUR.	President Taylor died, 1862.	7 34	4 45	3 39	7 31	4 50	3 31		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
19	FRID.	Bulwer Lytton died, 1873.	7 34	4 46	5 01	7 30	4 52	4 52		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
20	SATUR.	Copernicus born, 1473.	7 33	4 48	6 18	7 29	4 53	6 08		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
21	SUN.	Peace of Paris, 1783.	7 32	4 49	7 22	7 28	4 54	7 13		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
22	MON.	Louis XVI, ex-ruled, 1793.	7 31	4 51	rises. †	7 27	4 55	rises. †		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
23	TUES.	Veron born, 1783.	7 30	4 52	6 09	7 26	4 57	6 14		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
24	WED.	William Pitt died, 1806.	7 29	4 54	7 3	7 25	4 58	7 35		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
25	THUR.	Frederick the Great born, 1712.	7 28	4 55	8 50	7 24	4 59	8 51		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
26	FRID.	Robert Burns born, 1759.	7 27	4 57	10 04	7 24	5 01	10 04		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
27	SATUR.	Dr. Jenner died, 1828.	7 26	4 58	11 15	7 23	5 02	11 13		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
28	SUN.	Mozart born, 1756.	7 25	5 00	morn. *	7 22	5 04	morn. *		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
29	MON.	W. H. Prescott died, 1859.	7 24	5 01	0 25	7 21	5 05	0 21		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
30	TUES.	Victoria cross instituted, 1856.	7 23	5 03	1 34	7 20	5 07	1 28		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
31	WED.	Charles I beheaded, 1649.	7 22	5 04	2 42	7 19	5 08	2 35		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev
		Corn Laws abolished, 1849.	7 21	5 06	3 47	7 18	5 10	3 39		6d 10h 7m ev	6d 9h 7m ev	6d 9h 7m ev

\*a.m.

†p.m.



CAPTAIN RICHARD J. WADHAMS.

what comes first, or what last, I can give 'em to you. You see, a long illness, sir, after a man's got over it, is like a bad dream that finally wakes him half scared out of his wits. He only can recall the main points."

"The main points will be enough."

"Well then, sir, it was after this fashion the complaint handled me. Along at

first my appetite began to fall off. This was strange to me, for I had always been a hearty eater, and enjoyed my food no matter much what it was. I could eat beef, pork, all kinds of meat, and in fact, anything that came my way. I had no more idea of having a stomach to take care of, and that might get out of shape and bother me, than a healthy baby has. I just ate,

*(Continued on page 6.)*

## Break the Blockade.

Constipation is the engorgement of the lower part of the bowels, with matter which nature is anxious to get rid of. The liver, being out of order, has sent no bile to oil the way, and so this stuff has got caked and hardened in the tube. It is a perfectly horrible state of things. If we don't presently break this blockade we shall be poisoned from head to heel. Take good doses of Mother Seigel's Operative Pills until the bowels act. Often people fall into the *habit* of being constipated. It won't do. Better almost be dead. Use the Pills in smaller doses daily, until you change this tendency. Then be careful of your general habits.

## Part Accepted.

Poet—I called in, sir, to see about that little poem I sent you some time ago.

Editor—That poem has not been published yet, sir.

"And the stamps I enclosed with it?"

"The stamps were published long ago."



## Don't Touch Them.

Another thing, another "don't." Don't get into the way of feeding on so-called "condensed" or "pre-digested" foods. They are among the worst inventions men ever got up. You can't cheat the human body with them, even though you may cheat yourself into thinking you need them. If you are troubled with indigestion and dyspepsia, or with any ailment arising from it, take the prescribed doses of Seigel's Operating Pills, and then *wait for a natural appetite*. Nature doesn't want any humouring or coaxing, when she needs a meal she will let you know. Then eat your usual food.

If you are growing old in years don't worry about it. Let by-gones be by-gones. Harvest is better than seed time. Better be seventy years old than twenty if you have lived right.

## Ahead of Them.

First Burglar—What, back so soon, Bill! What did you get?

Second Burglar—Nothin'—we're too late—there's a receipted plumber's bill a-layin' on the table!

## 2nd Month.

## FEBRUARY, 1894.

28 Days.

Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers.			For Toronto and Province of Ontario, lying on and bet. the Great Lakes			MOON'S PHASES.	7 <sup>TH</sup> MERIDIAN.	9 <sup>TH</sup> MERIDIAN.	10 <sup>TH</sup> MERIDIAN.
			Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.				
1	THUR.	George Cruikshank died, 1878.	7 21	5 07	4 47	7 17	5 12	4 38	New Moon . . .	5d	4h 45m ev.	5d
2	FRI.	Purification of Virgin Mary.	7 20	5 08	5 40	7 16	5 13	5 31	First Quarter . . .	13d	5h 43m n.	5d 2h 45m ev.
3	SATUR.	Mendelssohn comp' ser, o'r'n, 1809.	7 19	5 10	6 24	7 14	5 15	6 16	Full Moon . . .	19d	5h 16m ev.	5h 43m n.
4	SUN.	Galvani died, 1770.	7 18	5 11	7 05	7 13	5 16	6 54	Last Quarter . . .	27d	7h 28m n.	7h 28m n.
5	MON.	Sir Robert Peel born, 1788.	7 16	5 12	sets.†	7 12	5 17	sets.†				
6	TUES.	Fort Henry captured, 1862.	7 15	5 14	6 15	7 11	5 19	6 18				
7	WED.	Ash Wednesday.	7 14	5 15	7 22	7 09	5 21	7 24				
8	THUR.	Pope Pius IX. died, 1873.	7 13	5 17	8 23	7 08	5 21	8 28				
9	FRI.	Bishop Hooper martyred, 1555.	7 11	5 18	9 37	7 06	5 22	9 36				
10	SATUR.	Queen Victoria married, 1840	7 10	5 20	10 49	7 05	5 23	10 46				
11	SUN.	Descartes died, 1650.	7 09	5 21	morn.*	7 04	5 25	12 00				
12	MON.	Emanuel Kant died, 1804.	7 08	5 23	0 05	7 03	5 27	morn.*				
13	TUES.	Captain Cook killed, 1779.	7 06	5 24	1 23	7 02	5 28	1 16				
14	WED.	St. Valentine's Day.	7 04	5 26	2 43	7 00	5 29	2 34				
15	THUR.	Cardinal Wiseman died, 1857.	7 03	5 27	4 00	6 59	5 30	3 50				
16	FRI.	Kane Arctic Explorer, died, 1857.	7 01	5 29	5 07	6 58	5 31	4 57				
17	SATUR.	Michael Angelo died, 1563.	6 59	5 30	6 01	6 56	5 33	5 52				
18	SUN.	Martin Luther died, 1546.	6 58	5 32	6 41	6 55	5 35	6 34				
19	MON.	Florida ceded to United Stat, 1821.	6 56	5 33	rises.†	6 54	5 36	rises.†				
20	TUES.	Santa Anna born, 1798.	6 54	5 34	6 22	6 52	5 37	6 23				
21	WED.	J. H. Newman, Cardinal, brn, 1801	6 52	5 36	7 39	6 50	5 38	7 39				
22	THUR.	Fulton died, 1815.	6 50	5 37	8 53	6 48	5 39	8 52				
23	FRI.	John Quincy Adams died, 1848.	6 48	5 39	10 06	6 46	5 41	10 03				
24	SATUR.	St. Matthias, Apostle	6 47	5 40	11 17	6 45	5 42	11 12				
25	SUN.	Charles Peace executed, 1879.	6 45	5 42	morn.*	6 43	5 43	morn.*				
26	MON.	Treaty of Versailles, 1871.	6 43	5 43	0 27	6 41	5 41	0 21				
27	TUES.	Longfellow born, 1807.	6 42	5 44	1 35	6 40	5 45	1 27				
28	WED.	Shirley Brooks died, 1874.	6 40	5 46	2 38	6 38	5 47	2 30				

\*a.m.

†p.m.

drank, worked, and slept. That was my way so far as concerns keeping the body machine going, sir.

"But now things were shifted around end for end. From picking and choosing to find something to suit my palate, I came to fairly abhor my food. There it was ready for me. I needed it, desired it, and loathed it, all at once, if you can understand that, sir."

The writer said he could understand it without exertion, as he had once been in that same fix himself.

"All right," continued the Captain, "then I won't have to use so many words to make my story plain. After I did get something down it began to punish me as though eating were against the law. There would come pains and a tightness across my chest as though the food had got lodged half way down. Then a feeling of emptiness, a kind of gnawing, craving feeling, which was there just the same whether I ate or not. Presently my skin and eyes began to turn yellow as a buttercup, and my sight grew dim, as though I was walking in a Scotch mist. Every once in a while something so sour and nasty would come up in my mouth that it made me disgusted and sick. It was sour and bit like an acid.

"By this time I was so low-spirited and discouraged that I gave up work and made a business of trying to get cured. As for eating, I could take nothing but slops. Then the flesh went off me like a snowbank melting under a warm sun in spring, and I hadn't hardly strength to walk from one side of the room to the other. The doctor said I had Windy Rheumatism, and he tried for three months to cure me, but for all his medicines I got worse."

Having paused to relight his pipe the Captain blew out a mouthful of smoke and continued:—

"After a little while my ankles began to puff up and swell and my stomach too. My

stomach swelled till it looked like I was carrying a bag of meal under my clothes."

[Comment by the writer: Captain Wadham is naturally a medium-sized man, with no tendency to corpulence, and he could scarcely have taken so suddenly to piling on the flesh he had just lost. His complaint had reached the dropsical stage, a very dangerous stage to arrive at.]

"By now," the Captain went on, "I was as yellow all over as a new sovereign. This was jaundice, they said—the bile dammed back in the blood and showing through the skin."

"That was probably because the liver didn't work properly," said the listener, drawing on his stock of medical knowledge.

"So they told me afterwards," responded Captain Wadham, "but *what made the liver go on strike?* That the doctor couldn't tell me. I was now so much frightened that I went to Guy's Hospital, in London, and was admitted as an indoor patient. They put me in Stevens' Ward, bed 23. Here I was seen by several doctors, and when I asked what it was that ailed me they said, '*That is what we are trying to find out.*' I was in such agony that they gave me narcotics to dull the pain, and at last decided to resort to surgical means—'tapping,' we often call it—to rid me of the water, I was so terribly bloated.

"When they at last got ready to operate on me I thought perhaps I might not come out of it alive, and I said to the doctors, '*I leave my life in your hands. If the Lord sees fit to take me I must submit to His will.*'

"After the operation was over and several quarts of water had been taken from me, I felt relieved for the time being of the pressure, but not of the other symptoms I have described. The water soon accumulated again, sir, as you may suppose, and I had to go through two more operations.

"Seeing that no good was likely to come of staying in the hospital, I made up my

*(Continued on page 8.)*

### Keep the Pump Going.

"Keep up a good heart," our friends tell us when we are discouraged and in the doleful dumps. The word heart, as they use it, means feeling. But the real heart that beats inside one's bosom needs encouragement, too, sometimes. This is a hard worked organ, and must have plenty of nourishment in the form of pure and rich blood. And it can't have this unless the digestion goes on naturally and well. The occasional use of Mother Seigel's Syrup promotes this and so helps the heart to pump the vital stream through the whole body.

## The Cincinnati Way.

"So poor Bill Stubbs is dead?" said a man on the train the other day.

"Yes, I understand so. Where did it happen?"

"In Colorado."  
"Did you learn any of the par-

"Nothing, except that he died a natural death?"

"Is that so? Why, I was told that he was knocked down on

that he was knocked down on the street and had the life beaten out of him?"

"Well, that's what they call a natural death in Colorado now."



### Watch the Engine

The human body lives, works and keeps warm by the fire inside of it; or in other words, by the digesting food,—which is slower, but the same thing, as burning fuel in a stove. When the stomach breaks down a man cools off, loses strength and falls ill. Power doesn't exist of itself; it is created by heat; and the body is run on exactly the same principles as an engine. That is the reason why we advise you to keep your stomach in good order, the kidneys and bowels in motion, and the skin free of clogging matter, by the use of Mother Seigel's Operating Pills. Don't cram the stomach, give it what it needs, and no more. Then watch your bodily machinery just as an engineer keeps his eye on his engine. Then you will go through all right and on time when others get hopelessly stalled between stations.

## Only a Poser

Artist—Since you are through posing, I wish you would put things to rights around the studio.

Model—No, sir; I am not a working model.

### 3rd Month.

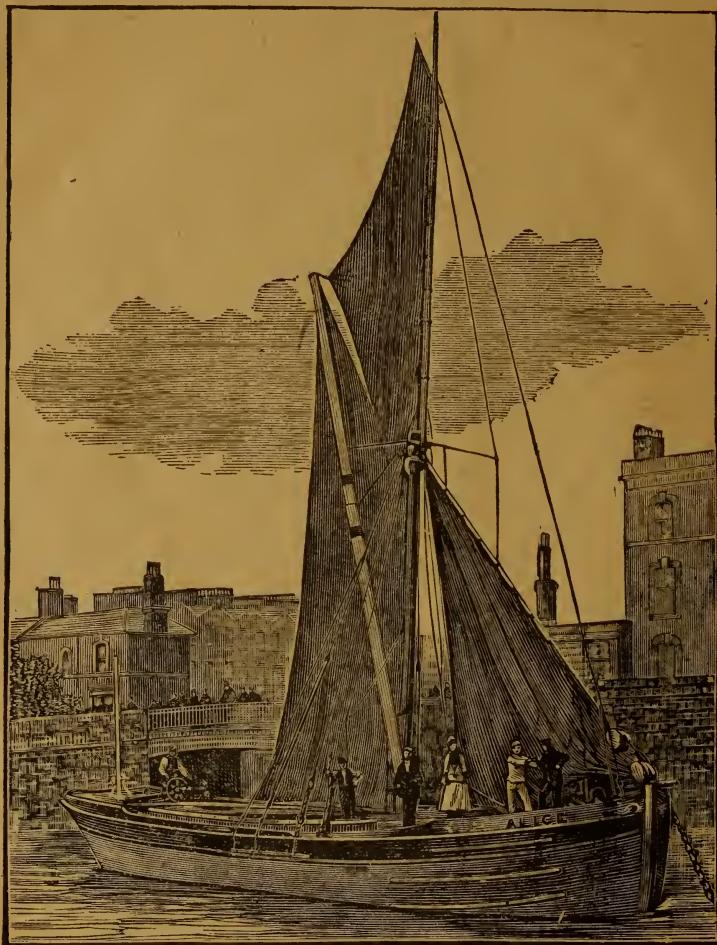
MARCH, 1894.

31 Days

Day Month.	Day Month.	Year.	CHRONOLOGICAL EVENTS.						For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers.			For Toronto, and Province of Ontario, lying on and bet. the Great Lakes.		
			Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.		
1	THUR.	St. David's Day.	h. m.	h. m.	h. m.*	h. m.	h m	h. m.	New Moon :.....	7d	9h 18m m.	7d		
2	FRI.	Wesley died, 1791.	6 38	5 47	4 34	6 36	5 49	3 25	First Quarter :.....	14d	1h 28m ev.	14d		
3	SATUR.	Russian serfdom abolished, 1863.	6 36	5 48	4 22	6 34	5 50	4 14	Full Moon :.....	21d	9h 11m m.	21d		
4	SUN.	First American Congress, 1798.	6 34	5 59	5 02	6 32	5 51	4 54	Last Quarter :.....	28d	3h 28m m.	28d		
5	MON.	Covent Garden The're b'rnt, 1850.	6 32	5 51	5 33	6 30	5 53	5 27						
6	TUES.	Artemus Ward (C. Brown) d'd, 1870.	6 30	5 52	5 57	6 28	5 54	5 52						
7	WED.	St. Thomas Aquinas died, 1274.	6 29	5 54	sets.†	6 27	5 56	sets.†						
8	THUR.	Sir J. F. W. Herschel born, 1792.	6 27	5 55	6 16	6 25	5 57	6 17						
9	FRI.	Americus Vespuccius born, 1451.	6 25	5 55	7 27	6 24	5 58	7 27						
10	SATUR.	Prince of Wales married, 1863.	6 23	5 58	8 39	6 22	5 59	8 37						
11	SUN.	Charles Sumner died, 1874.	6 22	5 59	9 54	6 21	6 01	9 50						
12	MON.	Senator Piumb died, 1888.	6 20	6 00	11 12	6 19	6 02	11 06						
13	TUES.	Cranmer burnt, 1556.	6 18	6 02	morn. *	6 17	6 03	morn. *						
14	WED.	Sir Arthur Helps died, 1875.	6 16	6 03	0 33	6 15	6 04	0 25						
15	THUR.	General JACKSON (U.S.) b'r'n, 1767.	6 14	6 04	1 51	6 14	6 05	1 41						
16	FRI.	Duchess of Kent died, 1861.	6 12	6 06	3 01	6 12	6 06	2 51						
17	SATUR.	St. Patrick's Day.	6 10	6 07	3 57	6 10	6 08	3 47						
18	SUN.	Palm Sunday.	6 08	6 08	4 39	6 08	6 09	4 31						
19	MON.	Bishop Kerr died, 1711.	6 06	6 10	5 11	6 06	6 10	5 15						
20	TUES.	Sir Isaac Newton died, 1727.	6 04	6 11	5 36	6 04	6 11	5 33						
21	WED.	Robert Southey died, 1843.	6 03	6 12	rises.†	6 03	6 13	rises.†						
22	THUR.	William I. of Prussia born, 1797	6 01	6 13	6 29	6 01	6 14	6 29						
23	FRI.	Good Friday.	5 59	6 15	7 43	5 59	6 15	7 41						
24	SATUR.	H. M. S. Eurydice founder'd, 1878	5 57	6 16	8 56	5 57	6 16	8 52						
25	SUN.	Easter Sunday.	5 55	6 17	10 08	5 56	6 17	10 02						
26	MON.	Duke of Cambridge born, '819.	5 53	6 19	11 18	5 54	6 18	11 11						
27	TUES.	Bishop Stillingfleet died, 1699.	5 51	6 20	morn. *	5 52	6 20	morn. *						
28	WED.	Canada ceded to France, 1632.	5 47	6 22	0 25	5 50	6 21	0 17						
29	THUR.	Alb. Hall (Kensington) open'd, 1871	5 47	6 23	1 24	5 48	6 22	1 15						
30	FRID.	Sicilian Vespers, 1282.	5 45	6 24	2 15	5 46	6 23	2 06						
31	SATUR.	Treaty of Paris, 1856.	5 44	6 25	2 59	5 45	6 24	2 51						
			5 42	6 26	3 34	5 43	6 25	3 27						

\*a.m.

† p.m.



THE BARGE "ALICE."

mina to go home; and if I had to die, I concluded I'd rather die among my family and friends than in a place that was so full of illness and death, and where, to be sure, sir, nobody cared what became of me. They said I ought not to go, but I said, '*I shan't stay here; I'm going home. You can't cut me up and stuff me with sawdust.*'

"A day or two afterwards a kind clergyman called to see me and I asked him if he

wouldn't telegraph to my wife to come and take me home. He sent the message, and she came and took me to the station in a cab, and we got home that day, and glad I was to be out of the hospital and in my own house.

"But I was fearfully exhausted, and felt as though there wasn't another week's life left in me, sir. We sent for the doctor who had attended me before I went to the hos-

*(Continued on page 10.)*

### That's the Truth.

We hear a deal about people dying of heart failure. Call it stomach failure, and you hit the mark. When the digestion is sound, food is converted into pure blood and builds up the body. This process, continued, produces vigor, strong nerves, elastic muscles, keen appetite, restful sleep, courage, force and a clear bright brain. The lungs breathe deeply, the heart beats softly and evenly, and life flows through the system like a full river between its banks. With the aid of common sense and Mother Seigel you can easily keep in this form.

### Recipe for Comfort.

Little Boy—"I wish mamas went out to business every day, and papas stayed home and kep' house."

Aunty—"You do? Why?"

Little Boy—"Cause mamas always buys candies w'en they goes out, and papas never tries to keep things clean w'en they stays in."



SCOTCH

### After a Night Out.

Book Agent—"Can I see the head of the house?"

The Maid (after deep thought) "No, sur; I reckon you can't. The boss has got a head on him that's a daisy, but he's sleeping it off."

### A Far-Sighted Woman.

Stomach poisons are the direct and only causes of rheumatism, gout, bronchitis, liver and kidney complaints, incurable affections of the skin, asthma, all forms of nervous ailments, pneumonia, epilepsy, insanity, and all inflammations. Not one of these ever attacks a healthy individual. Always those whose blood is first corrupted by the acids of undigested food. In other words the diseases above named are not diseases to be separately treated, but symptoms of a vitiated or prostrate digestive function. Cure that and you cure them. Fail to cure that and you may doctor any of them through a pain-cursed life-time, — *always in vain*. Hold on to this knowledge and never let go. The first to teach this truth was Mother Seigel.

### 4th Month.

APRIL, 1894.

30 Days.

Day Month.	Day Week.	CHRONOLOGICAL EVENTS	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers.			For Toronto and Provin- ce of Ontario, lying on and bet. the Great Lakes			MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
			Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.				
1 SUN.		Prince Bismarck born, 1815.	5 40	6 28	h.m.*	5 41	6 27	3 54				
2 MON.		Richard Cobden died, 1865.	5 38	6 29	4 22	5 39	6 28	4 17				
3 TUES.		Washington Irving born, 1783.	5 36	6 30	4 41	5 37	6 29	4 38				
4 WED.		Oliver Goldsmith died, 1774.	5 34	6 31	4 58	5 35	6 30	4 57				
5 THUR.		Dr. Lethby died, 1876.	5 32	6 33	5 15	5 33	6 31	5 16				
6 FRID.		Old Lady Day.	5 30	6 34	sets.†	5 31	6 32	sets.†				
7 SATUR.		Prince Leopold born, 1853.	5 28	6 35	8 56	5 29	6 33	8 51				
8 SUN.		Colliery strike in Durham, Eng. '79.	5 26	6 36	10 20	5 28	6 35	10 13				
9 MON.		Surrender of General Lee, 1865.	5 24	6 38	11 40	5 26	6 36	11 30				
10 TUES.		Canning born, 1770.	5 23	6 39	morn.*	5 25	6 37	morn.*				
11 WED.		Madoc Massacre, 1783.	5 21	6 40	0 52	5 23	6 38	0 42				
12 THUR.		Prince Fredic of Prussia born, 1806.	5 19	6 41	1 54	5 21	6 39	1 44				
13 FRID.		Catholic Emancipation, 1829.	5 18	6 43	2 42	5 20	6 40	2 34				
14 SATUR.		Princess Beatrice born, 1857.	5 16	6 44	3 14	5 18	6 41	3 08				
15 SUN.		Riel expelled from Parlia'nt, 1874.	5 14	6 45	3 39	5 17	6 43	3 34				
16 MON.		Victory of Culloden, 1746.	5 12	6 47	4 01	5 15	6 44	3 58				
17 TUES.		Ben. Franklin died, 1790.	5 10	6 48	4 20	5 13	6 45	4 21				
18 WED.		Martial law in Russia, 1879.	5 08	6 49	rises.†	5 11	6 47	rises.†				
19 THUR.		Livingstone's funeral, 1874.	5 07	6 51	6 37	5 10	6 48	6 33				
20 FRID.		Emperor Napoleon III born, 1808.	5 05	6 52	7 49	5 08	6 49	7 44				
21 SATUR.		Capture of Donald Morrison, 1889.	5 03	6 53	9 00	5 06	6 50	8 53				
22 SUN.		Battle of Camden, 1781.	5 02	6 55	10 09	5 05	6 51	10 01				
23 MON.		Gladstone appointed Prem'. 1880.	5 00	6 56	11 12	5 04	6 52	11 03				
24 TUES.		Fight at Fish Creek, 1885.	4 59	6 58	morn.*	5 03	6 54	11 58				
25 WED.		Oliver Cromwell born, 1599.	4 57	6 59	0 07	5 01	6 55	morn.*				
26 THUR.		Princess Alice of Hesse born, 1843.	4 55	7 00	0 54	4 59	6 57	0 46				
27 FRID.		French Army in Italy, 1859.	4 53	7 02	1 31	4 57	6 58	1 24				
28 SATUR.		Mutiny of the Bounty, 1789.	4 51	7 03	2 01	4 55	6 59	1 55				
29 SUN.		General Boulanger born, 1837.	4 50	7 05	2 24	4 54	7 00	2 19				
30 MON.		Sir J. Lubbock born, 1834.	4 49	7 06	2 44	4 53	7 01	2 41				

\*a.m.

†p.m.

pital, and my wife asked him what he thought of my condition. He answered, 'Your husband has got death in his face, with care and watching he may last three days.' I looked in the glass and saw my face was like a lantern.

"From this time on I suffered like a martyr. I took morphine every day to dull the pain just as I did when in the hospital. I couldn't sleep, and often got up in the middle of the night and made a cup of tea as best I could. To allay my pain hot flannels and everything else that could be thought of were used. I ate little or nothing, for even a little food made me swell up so I couldn't move. All this time I kept on taking morphine; as to cod liver oil *I took that till further orders.*"

"What do you mean by further orders, Captain?" asked his hearer. "I mean that I took it straight along without setting a time to stop taking it."

[Comment by the writer: The mistake in this was that it is nonsense to give cod liver oil when the stomach is not in condition to digest it, as was the case here. No use piling on coals when the fire is out.]

"Well, to shorten my story, sir," said Captain Wadhams, "I did not die in three days after arriving at home, as the doctor thought I should, but it is certain that living was no comfort to me. I just lingered along; and a turn for the worse, with a fatal end, would not have surprised my family and friends at any time."

"While I was in this state my son Edwin said to me one day, 'Father, why don't you take a dose of this?' He held out a bottle and said it was Mother Seigel's Curative Syrup. He had been taking it for indigestion, and said it had done him a deal of good. Now, sir, I never believed in patent medicines, and didn't believe in this Syrup. But I've changed my mind since, with good reason. I took a few doses and felt a relief that nothing else had ever given me.

"You must not forget that I was very low, and had lost four stone weight. But after I had used four bottles of the Syrup I was so much better I was sure it would finally cure me. And it did, sir, as you see by merely looking at me. I've got back my strength, and my proper weight, and attend to my business as well as I ever did. There are lots of people who can testify to the truth of what I have told you. I was born in Rochester, and have lived there all my life except when I was away to sea. I am 53 years old, and have been a voter in Rochester over 30 years.

"When I was first getting about and told Mr. Haggard, the manager at Gibbs' Wharf, London, what had cured me, he said, 'That's the right thing; it saved my wife.' I also told one of the doctors in Guy's Hospital that Seigel's Syrup had cured me after all the medical men had failed, *and he laughed.*"

[Comment: We can't pretend to say what this doctor found to laugh at; but if his laugh was one of incredulity and sarcasm, we beg to assure him that it is the published opinion of one of the best known physicians in London that medicines like Mother Seigel's Curative Syrup have often cured cases in which the regular course of medical treatment has proved utterly unavailing. The physician alluded to is no friend of advertised remedies, but is honest enough to admit facts as he sees them, no matter what comes of it. We should like to add—sweetly and without malice—that no profession enjoys a monopoly of truth, and that there are eyes to see and brains to think in plenty of heads whose owners never took a degree. There are many true and able men practising medicine—including the faculty of Guy's Hospital—who admit this. There is no telling who will pick up a lost diamond or discover a new island. The history of any science should teach its professors the value of modesty and humility].

(Continued on page 12.)

### Their Natural Prey.

Statistics from the cholera districts of Europe show that all contagious or infectious diseases select their victims from those who are underfed, overfed, or weakened by bad digestion.

### A Distinction.

Foster—Say, old man, did you get jilted?

Barlow (sadly)—No; only left.

### It Was All Right.

Hotel Clerk—Is this thousand dollar bill the smallest thing you have about you?

Departing Guest—I am afraid it is.

Clerk (to bell boy)—Here, take this bill out to one of the waiters and ask him to change it.

### Had Learned His Lesson.

"John," said Mrs. Harkins, "there are burglars down stairs."

"Very well, my dear. Go tell them to move on."

"Why, you awful brute!"

"Why? You requested me not to interfere in domestic matters last night. Surely this is one."



### In the Hottest Weather.

During the hot summer of 1892 a young man living in New York was laid on his face with lumbago. He couldn't lie on his back, and what with the weather and the pain he had a nasty time. After he had run up a rather formidable doctor's bill, without getting any good from the doctor, somebody told him to clap on a Seigel's Soothing Plaster and purge the poison out of him with several sharp doses of Seigel's Operating Pills. He did it, and in three days he was back on duty as a newspaper reporter, which was, and is, his vocation. Lumbago, you know, is a form of rheumatism.

### Practicing the Pauses.

"Why ain't you practicing your piece, Johnny?"

"I am."

"You are not. You haven't touched the piano in the last half hour."

"I've been practicing, all the same. There are pauses in this march, and I am practicing them over and over until I know them perfect."

### 5th Month.

MAY, 1894.

31 Days.

### CHRONOLOGICAL EVENTS.

	Mo. & Day	De. & Year	Event
1	TUES.		Fight at Cut Knife Creek, 1885.
2	WED.		Sir George Cartier died, 1873.
3	THUR.		Postal Union ratified, 1875.
4	FRI.		Dr. Livingstone died, 1873.
5	SATUR.		Napoleon Bonaparte died, 1821.
6	SUN.		Siege of Quebec raised, 1776.
7	MON.		Battle of Nisbet, 1402.
8	TUES.		Treaty Washington signed, 1871.
9	WED.		Hon. George Brown died, 1880.
10	THUR.		Indian mutiny commenced, 1857.
11	FRI.		Batoche taken, 1885.
12	SATUR.		Sir Chas. Barry, architect, d'd, 1860
13	SUN.		Pope Pius IX born, 1792.
14	MON.		Henry Grattan died, 1820.
15	TUES.		Daniel O'Connell died, 1847.
16	WED.		Great Fire at Quebec, 1889.
17	THUR.		John Jay died, 1829.
18	FRI.		Montreal founded, 1642.
19	SATUR.		Anne Boleyn executed, 1535.
20	SUN.		Christopher Columbus died, 1506.
21	MON.		Montrose, executed, 1650.
22	TUES.		Dr. Cronin's body found, 1889.
23	WED.		St. Gotthard Tunnel opened, 1882.
24	THUR.		Queen Victoria born, 1819.
25	FRI.		Princess Helena born, 1846.
26	SATUR.		Calvin died, 1564.
27	SUN.		Battle of Fort George, 1813.
28	MON.		Earl Russell died, 1878.
29	TUES.		Paris burned, 1871.
30	WED.		Earl Spencer born, 1835.
31	THUR.		Chief Justice A.A. Dorion d'd, 1891

MOON'S PHASE..	75TH MERIDIAN-			90TH MERIDIAN-			105TH MERIDIAN-		
	First Quarter.....	Full Moon.....	Last Quarter.....	First Quarter.....	Full Moon.....	Last Quarter.....	First Quarter.....	Full Moon.....	Last Quarter.....
Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.
h.m.	h.m.	h.m.*	h.m.	h.m.	h.m.*	h.m.	h.m.	h.m.*	h.m.
4 48	7 07	3 01	4 52	7 03	3 00	5 1	9h 41m.	5d 8h 41m.	5d 7h 41m.
4 46	7 09	3 18	4 51	7 04	3 18	5 2	10h 21m.	12d 1h 43m.	12d 0h 43m.
4 44	7 10	3 36	4 49	7 05	3 38	5 3	10h 42	18d 1h 43m.	18d 0h 43m.
4 43	7 11	3 55	4 47	7 07	3 59	5 4	11h 12	19d 2h 44m.	19d 1h 44m.
4 41	7 12	sets. †	4 46	7 08	sets. †	5 5	11h 32	27d 3h 45m.	27d 2h 45m.
4 40	7 14	9 18	4 44	7 09	9 10	6 0	12h 39	27d 4m ev.	27d 3h 46m.
4 39	7 15	10 39	4 43	7 10	10 29	6 1	13h 16		
4 38	7 16	11 47	4 42	7 12	11 36	6 2	13h 25		
4 37	7 17	morn. *	4 41	7 13	morn. *	6 3	13h 33		
4 35	7 18	0 40	4 40	7 14	0 31	6 4	13h 41		
4 34	7 20	1 17	4 39	7 15	1 10	6 5	14h 49		
4 33	7 21	1 45	4 38	7 16	1 39	7 0	15h 27		
4 32	7 22	2 08	4 37	7 17	2 04	7 1	15h 45		
4 30	7 23	2 27	4 37	7 18	2 25	7 2	16h 24		
4 29	7 25	2 43	4 35	7 19	2 43	7 3	16h 42		
4 28	7 26	3 00	4 34	7 20	3 01	7 4	17h 21		
4 27	7 27	rises. †	4 33	7 21	rises. †	7 5	17h 39		
4 26	7 28	6 45	4 32	7 23	6 39	7 6	18h 18		
4 25	7 29	7 55	4 31	7 24	7 48	7 7	18h 36		
4 24	7 30	9 00	4 30	7 25	8 52	7 8	19h 16		
4 23	7 31	9 59	4 29	7 25	9 50	7 9	19h 34		
4 22	7 32	10 49	4 28	7 26	10 40	7 10	20h 14		
4 21	7 33	11 29	4 27	7 27	11 21	7 11	20h 32		
4 20	7 34	morn. *	4 26	7 28	11 55	7 12	20h 50		
4 19	7 35	0 02	4 26	7 29	morn. *	7 13	21h 28		
4 18	7 36	0 27	4 25	7 30	0 22	7 14	21h 46		
4 17	7 37	0 48	4 24	7 31	0 44	7 15	22h 25		
4 16	7 38	1 06	4 24	7 32	1 04	7 16	22h 43		
4 15	7 39	1 23	4 23	7 33	1 22	7 17	23h 22		
4 16	7 40	1 39	4 22	7 34	1 39	7 18	23h 40		
4 15	7 41	1 57	4 22	7 35	2 00	7 19			

\*8 a.m.

1 p.m.

Concluding his account of himself, the Captain said: "I met a gentleman yesterday, Tuesday, July 5th, 1892, who said to me, 'Why, Dick, you've got your old colour back. You'll make an old man yet.'"

The gentleman was right. So far as his old complaint is concerned, "Dick" may run his barge until he is 75, and live until he is one hundred. Under Providence Mother Seigel gave him a new lease of life at a moment when he seemed about at the end of it. And on this fact we hold out our hand and congratulate him with all our heart.

But what ailed him? Unless we can answer this question the Captain talked in vain, and our publication of what he said is also in vain. Happily the answer is infinitely easier than the doctors supposed it to be.

His disease was indigestion and dyspepsia; nothing less, nothing more. The digestive organs are the source of health and strength, and from their failure arise nearly all forms of disease, and finally death. The dropsy, for which he was tapped at the hospital, is one of the results in cases where the kidneys and skin are so poisoned and paralysed by the uric acid (a product of indigestion) that they do not act. This state of things, long continued, is sure to terminate fatally. The water drowns the heart and other organs, when life is impossible.

The Captain's trouble was no doubt a long time coming upon him, although (and herein lies the danger) he was not sensible of it. Cases like this are abundant in this country, but sad to say they are usually mistaken for merely local complaints and wrongly treated, until recovery is difficult even when Mother Seigel's Curative Syrup is at last resorted to.

Therefore, people who feel ill or out of sorts should notice the early symptoms and not let things run on until the disease gets a firm hold. To help them do so we here give some of the leading symptoms, as follows:—

A feeling of distress after eating, with heaviness and deadness of the stomach; sickness and nausea; pains in the head, chest, sides, and back, sometimes shifting from place to place; bad taste in the mouth, and rising of offensive gas from the stomach; dizziness, as though you were going to fall; costiveness and irregularity of the bowels; yellow colour of the eyes and skin; cold hands and feet; palpitation and heartburn; variable appetite, sometimes hungry and then loathing the very thought of food; sick headaches; ringing in the ears, spots before the eyes; flashes of heat across the body; difficulty in passing the urine, which is often of a high colour, and leaves a sediment on standing; trouble of mind and vague fears for the future, without being able to give a reason; restlessness, "fidgets," poor sleep; unpleasant dreams; desire to avoid company; loss of ambition and dislike for work; a tired and weary feeling that is not relieved by rest; dry and scurvy skin; aching of the arms and legs, and soreness of the muscles.

These are some of the leading symptoms of indigestion and dyspepsia, and show how easily it may be mistaken for other diseases, all the more as it is the real cause of those same diseases, which cannot be cured as long as the cause exists. By observing these signs in yourself or in others, you need not be in doubt as to what the ailment is. Whether you have one or many of the above-named symptoms you may recognize indigestion and dyspepsia, and should arrest its progress at once by taking Mother Seigel's Curative Syrup.

What do the leading facts in this case show? They show that Captain Wadham's *first applied for help to the doctors*. The first doctor treated him for three months for "windy rheumatism," a disease mentioned in no medical work, and having no existence. According to Captain Wadham's solemn declaration, the doctors in

(Continued on page 14.)

### As to Sprains.

You may get a sprain any time. Any slip of the foot or sudden wrench may do it. There is, of course, no dislocation of the bones in a sprain, but the injured joint must have immediate and complete rest, continued for weeks if necessary. Apply Seigel's Soothing Plaster, and be patient under the enforced inaction. Perhaps a greater number of permanent injuries arise from neglected sprains than from broken bones.

### The American Infant.

"Pa, tell me a nice story." "Shall I tell you a ghost story, Jimmie?"

"No, pa, I don't care to hear any ghost story. I haven't believed in ghosts since I was a child. Tell me all about the latest scandal in high life, and all that sort of thing."

### Out of Sight.

"Have you a new kite?" asked Willie of Tommy who was standing on the hillock holding the end of a string.

"Course I have," replied Tommy.

"Is it a good one?"

"You bet! It's out of sight."



IRISH

### Simple.

Eastern man—Is there any way for a stranger to make money in this section?

Westerner—Yes, sree! See that lot over there? That's mine. Just buy it.

Eastern man Hum! How am I to make money on that?

Westerner Sell it to some other stranger.

### A Promise.

"I shall go right home to my mother, Hudson Hicks. I saw you kissing Mrs. Habberton-Browne in the conservatory."

"It was only a sisterly kiss, my dear."

"She is not your sister."

"Yes, she is—that is, she promised to be one to me, years ago."

### Insurance.

You wouldn't carry loose powder in your pockets; and it is equally dangerous to carry poisons floating in your blood. Yet most people do carry these poisons without realizing it. And when some epidemic gets about they are all ready to become victims to it. Purify your blood with Mother Seigel's Syrup, and the diseases that strike down others will let you alone. This is a kind of insurance—more important than a policy on property.

### 6th Month.

JUNE, 1894.

30 Days.

CHRONOLOGICAL EVENTS.		
Day Month.	Day Week.	
1 FRI.		Johnstown Flood, 1889.
2 SATUR.		Gordon Riots, 1780.
3 SUN.		Montreal <i>Gazette</i> established, 1778.
4 MON.		Battle of Magenta, 1850.
5 TUES.		Battle of Stony Creek, 1813.
6 WED.		Sir John A. Macdonald died, 1891.
7 THUR.		First American Congress, 1785.
8 FRI.		First Parliament, Ottawa, 1866.
9 SATUR.		Charles Dickens died, 1870.
10 SUN.		Roger Bacon died, 1294.
11 MON.		Lord Stanley as Gov.-Gen., 1888.
12 TUES.		W. C. Bryant died, 1878.
13 WED.		Dr. Arnold died, 1842.
14 THUR.		Lord Ross born, 1800.
15 FRI.		Magna Charta signed, 1215.
16 SATUR.		Wintrop born, 1582.
17 SUN.		Battle of Bunker Hill, 1775.
18 MON.		Battle of Waterloo, 1815.
19 TUES.		Great Fire at St. John, 1877.
20 WED.		Accession of Queen Victoria, 1837.
21 THUR.		Quebec <i>Gazette</i> issued 1874.
22 FRI.		Matthew Henry died, 1714.
23 SATUR.		Leibnitz, philosopher, born, 1646.
24 SUN.		St. John the Baptist.
25 MON.		First Wesleyan Conference, 1874.
26 TUES.		Archbishop Leighton died, 1684.
27 WED.		Hiram Powers, sculptor, d. d., 1873.
28 THUR.		Queen Victoria crowned, 1838.
29 FRI.		St. Peter and St. Paul.
30 SATUR.		Earl of Argyle beheaded, 1685.

For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers.

For Toronto and Province of Ontario, lying on and betw. the Great Lakes

Sun. Rises.	Sun. Sets.	Moon Rises.	Sun. Rises.	Sun. Sets.	Moon Rises.
h.m.	h.m.	h.m.†	h.m.	h.m.	h.m.†
4 15	7 41	5 24	4 21	7 35	5 19
4 14	7 42	6 47	4 21	7 36	6 40
4 13	7 43	8 11	4 20	7 37	8 02
4 13	7 44	9 29	4 20	7 37	9 19
4 12	7 45	10 31	4 19	7 38	10 22
4 12	7 46	11 15	4 19	7 39	11 07
4 12	7 46	11 48	4 18	7 40	11 42
4 11	7 47	morn.*	4 18	7 40	morn.*
4 11	7 47	0 13	4 18	7 41	0 09
4 11	7 48	0 33	4 17	7 41	0 31
4 10	7 48	0 50	4 17	7 42	0 49
4 10	7 49	1 07	4 17	7 42	1 08
4 10	7 49	1 24	4 17	7 43	1 27
4 10	7 50	1 43	4 17	7 43	1 47
4 10	7 50	2 07	4 17	7 44	2 13
4 10	7 51	2 39	4 17	7 44	2 46
4 10	7 51	rises.†	4 17	7 44	rises.†
4 10	7 52	8 44	4 17	7 44	8 35
4 10	7 52	9 27	4 17	7 45	9 19
4 10	7 52	10 03	4 17	7 45	9 56
4 11	7 53	10 31	4 18	7 45	10 26
4 11	7 53	10 52	4 18	7 46	10 48
4 11	7 53	11 10	4 18	7 46	11 (8)
4 11	7 53	11 27	4 18	7 46	11 26
4 12	7 53	11 43	4 19	7 46	11 43
4 12	7 53	0 00	4 19	7 46	morn.*
4 13	7 53	0 18	4 20	7 46	0 22
4 13	7 53	0 39	4 21	7 46	0 44
4 14	7 53	1 08	4 21	7 46	1 15

### MOON'S PHASES.

### 70th MERIDIAN.

### 90th MERIDIAN.

### 105th MERIDIAN.

### 120th MERIDIAN.

### 135th MERIDIAN.

### 150th MERIDIAN.

\*a.m.

†p.m.

Guy's Hospital confessed that they did not know what ailed him. The last medical man said a cancer was forming on his patient's liver—a serious mistake. From June, 1890, to December, 1890, the sufferer was in the doctors' hands. They had everything their own way, and exhausted their resources. Our medicine did not interfere. They had every chance to cure their patient, and failed. Then, by accident, Mother Seigel's Curative Syrup was introduced to his notice, and succeeded. Little comment is called for on this remarkable and startling case. The disease was indigestion and dyspepsia, with attendant symptoms. Why did not the doctors recognise the worst and commonest enemy of the human race? Because they treat symp-

toms, not causes; their training is fatally wrong.

As Captain Wadhams reads his own story in type it will please him to know that the medicine which cured him is doing similar good work in every country visited by him during the long period in which he followed the sea.

"I wish to add that the statements attributed to me in the foregoing conversation are true, and that the interview actually occurred as represented.

"(Signed) RICHARD WADHAMS,

"25, Ridley Road,

"St. Margaret's, Rochester,

"Kent.

"July 14th, 1892."

### Especially for Women.

No one ever better understood the needs of her own sex than Mother Seigel. She was the faithful friend and skilled assistant of other women in their times of distress and suffering; and we can easily believe that her famous Syrup was adapted to their ills and ailments.

The hollow cheek, the sunken eye surrounded by dark circles, the sallow skin, the slow step, the want of ambition and strength, these are the sad signs of weakness in the generative organs; a malady too prevalent among our mothers, wives and daughters.

It is chiefly caused by indigestion and dyspepsia and impure blood. Seigel's Syrup removes obstructions, cures leucorrhœa (or whites), falling of the womb, bearing-down sensations, and other disagreeable and sometimes alarming things from which women suffer so much. Two or three bottles will work a happy change, and its faithful use will soon restore to the system its former vigor. Weak nerves are put in tone again, and high, bright spirits replace mental depression and gloom.

During pregnancy the Syrup can be taken with perfect safety in 10 or 15 drop doses instantly after eating. If the bowels are very costive, an occasional dose of Shaker Family Pills gives great relief. Care should be exercised, however, to avoid violent purging.

### Good Reports.

Carleton, Ont.

Mr. White & Co.

Sir: As I have sold one dozen bottles of the Curative Syrup, and have heard good reports of it everywhere, I am taking it myself for dyspepsia and it is doing me a great deal of good. I want you to send me some more of the Curative Syrup. You can send me four dozen or more, or as many as you think proper. I am, sir,

Yours respectfully,

ISAAC SHARPE.

### Where Your Dinner Goes.

Everybody knows he has a stomach, but very few know what it is. The stomach is a bag or sack which will contain an average about a gallon. When we swallow our food, it drops down a few inches into this bag. The stomach then, by a motion of its own, mixes it with juices given out from its surface, and churns it about until it becomes one mass somewhat like a thick broth.

(Continued on page 16.)

## Catching Cold.

When the skin is chilled, the arteries in it contract, as is shown by the person becoming very pale. Thus an undue amount of blood is thrown into the internal parts, the blood vessels there becoming gorged with blood or congested. This easily passes into inflammation. Consequently very long exposure of the surface to cold, is very apt to be followed by inflammation of parts inside of the body, and give rise to a so-called "cold" (which is really an inflammation), of the mucous membranes of the head or throat, or lungs; or of the intestines, causing diarrhoea.

The best, and indeed the only way to prevent taking cold is to prevent impurities from the stomach entering the blood,—in other words, to cure indigestion and dyspepsia. The remedy for this, as all the world knows, is Mother Seigel's Curative Syrup.

## The Reason.

Syms—Why do society people style themselves the "smart set?"

Wyles—For fear that no one else will.



## Recovery Complete.

"Hello, Pickway! Where are your crutches? Have you got entirely over the effects of that railway accident at last?"

"Er—yes. By the way, the company settled with me last week for \$3,000."

## Before Eve Came.

"Er—lemon see. Who was it that was clothed in a little brief authority?"

"Adam, I guess."

A mermaid sat in her pearly cave  
And sighed as she combed her hair;

"What conquests I could make  
If I Could silken stockings wear."

## Stop that Nonsense!

Some people just turned of fifty talk as though they were growing old. Humbug! After fifty we are just beginning to know something and to be of some use. Under that age we are simply green and shallow boys and girls. Live right, brace up, keep at work, and when you really do need a medicine take Mother Seigel's. She krew that the jolliest and best piece of life's road is after one has passed the fiftieth mile-post.

## 7th Month.

JULY, 1894.

31 Days.

Day	Month	Dny Wk.	CHRONOLOGICAL EVENTS.						For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers,	For Toronto and Province of Ontario, lying on and bet. the Great Lakes,	MOON'S PHASES.	75TH MERIDIAN.	90TH MERIDIAN.	105TH MERIDIAN.
			Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.						
1	SUN.	1	Princess Alice married, 1862.	h.m.	h.m.	h.m.*	h.m.	h.m.	h.m.*					
2	MON.	2	Visitation of Virgin Mary.	4 15	7 52	7 03	4 22	7 45	6 53					
3	TUES.	3	City of Quebec founded, 1608.	4 15	7 62	8 11	4 22	7 45	8 01					
4	WED.	4	Garibaldi born, 1807.	4 16	7 51	9 06	4 22	7 44	8 57					
5	THUR.	5	Victoria of Wales born, 1868.	4 17	7 51	10 13	4 24	7 44	10 08					
6	FRI.	6	Edward VI. of England d'd, 1553.	4 18	7 50	10 20	4 25	7 43	10 33					
7	SATUR.	7	Richard Brinsley Sheridan d'd, 1816	4 19	7 50	10 55	4 26	7 43	10 54					
8	SUN.	8	La Fontaine born, 1621.	4 19	7 50	11 13	4 27	7 43	11 13					
9	MON.	9	General Braddock killed, 1755.	4 20	7 49	11 30	4 27	7 42	11 22					
10	TUES.	10	Gibraltar captured 1703.	4 21	7 49	11 49	4 23	7 42	11 53					
11	WED.	11	Charles Macklin died, 1797.	4 23	7 48	morn.†	4 29	7 42	morn.†					
12	THUR.	12	Battle of the Boyne 1690.	4 23	7 43	0 11	4 29	7 41	0 16					
13	FRI.	13	Lingard, historian, died, 1851.	4 24	7 47	0 38	4 30	7 41	0 45					
14	SATUR.	14	Chicago fire, 1873.	4 25	7 47	1 12	4 31	7 40	1 20					
15	SUN.	15	Crusaders take Jerusalem, 1099.	4 25	7 46	1 55	4 32	7 40	2 04					
16	MON.	16	Sir Joshua Reynolds born, 1723.	4 25	7 45	rises.*	4 33	7 39	rises.*					
17	TUES.	17	J. J. Astor born, 1723.	4 27	7 44	8 05	4 33	7 38	7 57					
18	WED.	18	Lady Franklin died, 1875.	4 28	7 43	8 34	4 34	7 37	8 28					
19	THUR.	19	Bishop Wilberforce died, 1873.	4 29	7 42	8 57	4 35	7 36	8 53					
20	FRI.	20	Spanish Armada defeated, 1588.	4 30	7 41	9 17	4 36	7 36	9 14					
21	SATUR.	21	Robert Burns died, 1796.	4 32	7 40	9 34	4 37	7 35	9 32					
22	SUN.	22	Battle of Shrewsbury, 1403.	4 33	7 39	9 49	4 38	7 34	9 49					
23	MON.	23	General Grant died, 1885.	4 34	7 33	10 05	4 39	7 33	10 07					
24	TUES.	24	Jac. Cartier landed at Gaspé, 1534	4 35	7 37	10 22	4 40	7 32	10 26					
25	WED.	25	St. James the Great.	4 36	7 36	10 42	4 41	7 31	10 47					
26	THUR.	26	Louisbourg taken by British, 1758.	4 37	7 35	11 07	4 42	7 30	11 13					
27	FRI.	27	St. Joseph of Arimathea.	4 38	7 34	11 41	4 43	7 29	11 49					
28	SATUR.	28	Cowley, poet, died, 1667.	4 39	7 33	morn.	4 44	7 28	morn.					
29	SUN.	29	Wilberforce died, 1833.	4 40	7 32	0 28	4 45	7 27	0 37					
30	MON.	30	William Penn died, 1718.	4 41	7 30	1 31	4 45	7 25	1 41					
31	TUES.	31	Andrew Johnson died, 1875.	4 42	7 29	2 50	4 43	7 24	2 59					

\*a.m.

p.m.

That is to say, it tries to do this, but does not always fully succeed. Very often the food is not properly chewed or masticated, and there are solid pieces which the stomach can neither dissolve nor push along through the valve into the bowels. This is indigestion of the stomach, a malady so common as to blind us to its serious and often fatal character. Some of its well known symp-

toms are: Distress after eating, sourness and acidity, headache, giddiness, bad breath, loss of appetite and sleep, depression of spirits, pressure upon the brain, nervous irritation, etc. And the success of Mother Seigel's Syrup in purifying and cleansing this well-spring of nearly all our physical sorrows, fully accounts for its world-wide reputation.

## MEN UNDER THE HARROW.

*"I chose the place where I was to be buried."*

Now this is a very depressing, cheerless sort of thing for a man to do. Of course we have all got to die. We understand that. Still we don't like to talk about it, or to do anything about it. I did know a person once who ordered his coffin, and kept it in a room in his house, "on view," as we say of other goods. He wasn't ill either, which made it all the more queer and outlandish. And when his friends heard of it they cut him, and stopped calling on him. Served him right, I say. They said he was a "crank," a man who is off his mental balance, you see.

What I say is, that it's a bad practice for healthy people to adopt. But when a man is fairly used up by disease and pain, when each succeeding day that dawns only brings him another siege of it, when he has got so he can't suck a single drop of honey out of this world's comb, why then I don't argue that we have any business to blame him for wishing he was out of it.

I, who write these lines, talked that way once myself in the midst of what looked like a hopeless illness. One bright, warm day I crawled out into the neighboring churchyard and said to my wife, "My dear, I'm going to die presently, and when I do, dig a hole right here, and put me in it." It made her cry, and I should not have said it.

But the man under a harrow feels differently from the one who drives the horses which drag it. The good friend who used the words at the top of this article will pardon me for preaching a sermon on them, but I wanted him to know that I sympathise with him and understand him.

"All my life," he says, "I have suffered from constitutional weakness. When a boy my family thought I was in a decline. I was always weak, tired, and languid; and had a gnawing, sinking feeling at the pit of the stomach. My mouth tasted badly, and I was constantly spitting up a bitter fluid, and vomiting thick phlegm. I had a poor appetite, pain after eating, and tightness at the chest and sides; also a dry, hacking cough, night sweats, and all the symptoms of consumption. I was so weak and emaciated that the least thing exhausted me, and it was all I could do to walk a few yards from the house. At twenty years of age, whilst living at Beeston, near Nottingham, I became so bad that I thought I was going to die, and so impressed was I with this feeling that I chose the place where I was to be buried. However, I took a turn for the better, and was able to get about again. In 1870 I had a severe attack of jaundice, which pulled me down very much. After this I was dreadfully weak, and had frequent attacks of giddiness, and used to fall suddenly down as if in a fit. My condition now

*(Concluded on page 18.)*

## It Depends.

It is easier to knock one man down than another, because one man may be very much stronger than another. On the same principle, it is easier for any disease to get hold of one person than another. It depends on the condition of the blood. When that is pure, and in a healthy state, diseases have the same difficulty in making a lodgement in the system as an army does in scaling the walls of a strong fortification.

## He Was Not the Janitor.

Mrs. Wishit—Won't you buy me that diamond necklace, Charlie?

Mr. Wishit—Be reasonable, darling. Remember that we tenants can't afford to emulate the janitor's extravagance.

## Truly Hospitable.

Jeweller—I have shown you all the rings that I have suitable for a daughter 12 years old.

Mrs. Russell—Well, I've changed my mind, now. I think I'll wait until she's 15.

Jeweller—All right. Take a chair.



## 8th Month.

AUGUST, 1894.

31 Days.

Day Month.	Day Week.	CHRONOLOGICAL EVENTS.		
		Sun Rises.	Sun Sets.	Moon Rises.
1	WED.	Battle of the Nile, 1798.	h.m.	h.m.†
2	THUR.	Battle of Blenheim, 1704.	7 28	8 10
3	FRI.	Sir Richard Arkwright died, 1792.	7 27	8 36
4	SATUR.	Shelley born, 1792.	7 26	8 57
5	SUN.	Lord Howe, Admiral, died, 1799.	7 25	9 16
6	MON.	Prince Alfred of Engl'd born, 1844	7 22	9 34
7	TUES.	Richelieu died, 1784.	7 21	9 53
8	WED.	George Canning died, 1827	7 21	10 14
9	THUR.	Madame Vestris died, 1856.	7 19	10 39
10	FRI.	Sir Charles Napier born, 1782.	7 17	11 11
11	SATUR.	Battle of Lake Champlain, 1814.	7 16	11 52
12	SUN.	Thomas Bewick born, 1753.	7 14	morn.*
13	MON.	Earthquake in Scotland, 1-16.	7 12	0 41
14	TUES.	Battle of Fort Erie, 1814.	7 11	1 37
15	WED.	Sir Walter Scott born, 1771.	7 09	2 41
16	THUR.	Thomas Fuller, divine, died, 1661.	7 08	3 49
17	FRI.	Admiral Blake died, 1677.	7 06	rises.†
18	SATUR.	Guido Reni, painter, died, 1642.	7 04	7 40
19	SUN.	River St. Lawrence discovered, 1535	7 02	7 08
20	MON.	Sir Bernard died, 1153.	7 01	8 12
21	TUES.	La Fayette captured, 1792.	6 30	8 29
22	WED.	Battle of Bosworth Field, 1455.	6 28	8 47
23	THUR.	Sir William Wallace beheaded 1305	6 25	9 09
24	FRI.	Washington born, 1732.	6 24	9 39
25	SATUR.	Faraday, chemist, died, 1867.	6 20	10 19
26	SUN.	Battle of Crecy, 1346.	6 18	11 12
27	MON.	Sir Rowland Hill died, 1879.	6 16	11 45
28	TUES.	George born, 1743.	6 15	0 21
29	WED.	Sir J. the 1st Baptist beheaded	6 13	4 39
30	THUR.	Francis Bailey died, 1844	6 11	5 22
31	FRI.	John Buxton died, 1852.	6 09	6 03

For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers.

For Toronto and Province of Ontario, lying on and ber. the Great Lakes

First Quarter..... 1d 5h 24m m.

Full Moon..... 1d 8h 17m m.

Third Quarter..... 1d 10h 4m m.

New Moon..... 2d 1h 4m ev.

5d 1h 4m ev.

Moon's Phases.

75th MERIDIAN.

90th MERIDIAN.

105th MERIDIAN.

120th MERIDIAN.

135th MERIDIAN.

150th MERIDIAN.

165th MERIDIAN.

180th MERIDIAN.

195th MERIDIAN.

210th MERIDIAN.

225th MERIDIAN.

240th MERIDIAN.

255th MERIDIAN.

270th MERIDIAN.

## Not a Worker.

Inspector—Did you come here under a contract to work?

Immigrant—No, sorry; I kem here to shtart a labor organization.

## His Bump of Poetry.

Phrenologist—"Your bump of imagination is abnormally large, sir. You should write poetry."

Visiter—"I do write poetry. Only yesterday I took a Spring poem to an editor, and that bump you are feeling is where he hit me. Don't bear on it so hard."

## You Will Like Them.

Some people say they can't bear to wear plasters on their skin. There is a great deal of nonsense about this idea. Moher Seigel's Soothing Plasters never itch or produce any sense of discomfort. They warm the skin and cure aches and pains on the principle of counter-irritation. In cases of rheumatism or any other pain in the joints or muscles, try them, and you will find they not only do not cause any disagreeable feeling, but promote a warmth of the surface and end in utterly relieving the cause of the pain.

\*a.m.

†p.m.

was deplorable, for all my powers failed me. My voice left me, and I had to make known my wishes as best I could, not having the power to articulate. I had become so thin and frail that I had to be propped up with pillows, and the doctor said I should die in one of the attacks of giddiness. I took medicines and cod-liver oil, but nothing did me any good, and in this half-dead, half-alive state, I continued for years. Nothing gave me any permanent relief until in October, 1888, my son-in-law told me of a medicine called Mother Seigel's Curative Syrup. I procured a supply, and soon found relief. My food digested and I gradually gained strength. Of course it took a long time before I became strong, but I never looked behind me after I commenced taking the Syrup. I take an occasional dose when I require it, and am able to undertake light employment. For private reasons I can only give my initials. Mrs. Martin, Chemist, 503, Ashton Old Road, Higher Openshaw, will vouch for the accuracy of my statement, and answer any inquiries.—H. W."

"I have known the writer of the above statement for seventeen years, and have often heard him speak of the benefit he has derived from Mother Seigel's Curative Syrup. I can vouch for the accuracy of the statement, and will gladly answer any inquiries. Owing to the gentleman's official position he is not at liberty to have his name published. (Signed) (Mrs.) M. Martin. J. L. Martin, Dispensing Chemist, 593, Ashton Old Road, Higher Openshaw."

We heartily congratulate H. W. upon the result of his use of the Syrup. If he had really had consumption, we should not have received the above letter. But as he suffered from indigestion and dyspepsia—consumption's counterfeit—the Syrup has, we hope, given him a new lease of life, and of the happiness which properly belongs to it.

Our days must end sometime in spite of medicine; but it is pleasant to know that

Mother Seigel has added to their number in so many cases when the end seemed very near.

#### Recommends it for Dyspepsia.

Coban, Ont.

A. J. White & Co.

Gentlemen: I cheerfully recommend Seigel's Syrup for Dyspepsia. Anyone suffering from indigestion will do well to give it a trial.

Yours respectfully,

JAMES HUMPHRIES.

#### Indigestion Cured.

Bromly, Ont.

Gents: It is with pleasure that I recommend Seigel's Syrup. I suffered for years with indigestion and finally concluded to try a bottle of your Syrup. After using two bottles I considered myself cured.

Yours truly,

ROBERT STEWART.

#### A Busy Worker.

The liver is the largest organ in the body, and it has half a dozen important things to do. Its chief duty is to secrete (or draw out) the bile from the blood and send it to the bowels to help digestion there. When it fails to do this as it should, then there is trouble at once. For, you must remember, the bile is a good thing in its place and a bad thing out of its place. In the bowels it is a kind of gentle, natural cathartic; in the blood it is a slow poison—and not so very slow either. When it remains in the blood we have what we all speak of as a "bilious attack." The tongue is furred; the head aches and feels dull and heavy; we are sleepy, as though we had taken a dose of opium; the eyes and skin assume a greenish-yellow color; there is dizziness, and sickness at the stomach; cold hands and feet; spots before the eyes; a bad taste in the mouth, like the flavor of addled eggs; the rising of a sour fluid, of a pungent, biting character, into the throat; with a disgusting wind or gas; constipation; high colored urine, and dry, feverish skin, etc. The nerves are also affected, and the sufferer is

(Continued on page 20.)

### The Man With Corns.

He suffers horrible torments, but who is sorry for him? Nobody. We laugh and joke to see him limp and hear him use hard words. We say, "Oh, it's nothing but sore corns and they won't kill him." No, but they spoil his pleasure just the same. He might be happier with consumption or a fever. Whatsoever hurts us is something to be got rid of if possible; and Mother Seigel's remedies are popular, because—though they don't cure corns—they cure so many ills that are worse.

### Purely Personal.

"I have lost my little Fido," said the young woman, chokingly. "Here is a notice offering a reward for his recovery."

"To go in the 'want' column, I suppose," said the advertising clerk.

"No, sir," she replied, haughtily. "I want it to go among your other personal items, sir!"

### Poor Poison.

"Why, what's the matter?" "Well, sorr, I swallowed a pertater bug, and sorr, though I took some Parrus-green widin five minutes after to kill the baste, shtill he's just raisin' th' divil inside o'me."



### Cover It Up.

Heat in some form is the great cause for pain. All the same we don't want to be burned. The true medium is struck by Mother Seigel's Soothing Plasters. They warm, calm and quiet, the spot where the pain is. They cover it up, and the pain goes to sleep like a crying baby, after its mother has fed it and tucked it in the crib. So when you've got an ache or a pain where you can get at it, put on one of these soft, porous blankets, and in a few hours you will have forgotten what you put it there for.

### Nothing Strange.

Mrs. Mann—It is strange that you cannot hold the baby a few minutes, when you used to be able to hold me on your lap for hours.

Mr. Mann—The young one is so restless. He squirms and kicks all the time. You didn't kick the east little bit.

### Saved by a Little Child.

"How is it that Jenkin's baby cured him of drinking?"

"Because every time he went home tipsy he thought he saw twins."

## 9th Month.

SEPTEMBER, 1894.

30 Days.

Month	Day	CHRONOLOGICAL EVENTS	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers.			For Toronto and Province of Ontario, lying on and bet. the Great Lakes			MOON'S PHASES.	75TH MERIDIAN.	30TH MERIDIAN.	105TH MERIDIAN.
			Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.				
1	SATUR.	Battle of Sedan, 1870.	5 21	6 33	7 36	5 23	6 35	7 37	First Quarter.....	6d	8h	3m ev.
2	SUN.	J. Howard, born, 1726.	5 22	6 36	7 55	5 24	6 32	7 58	Full Moon.....	14d	1h	21m ev.
3	MON.	Oliver Cromwell died, 1658.	5 23	6 34	8 16	5 25	6 32	8 20	Last Quarter.....	22d	7h	32m in.
4	TUES.	French Republic proclaimed, 1870.	5 24	6 32	8 40	5 27	6 20	8 46	New Moon.....	29d	0h	44m in.
5	WED.	Malta captured, 1800.	5 25	6 30	9 10	5 28	6 25	9 17				
6	THUR.	Archbishop Sumner died, 1862.	5 26	6 28	9 47	5 29	6 26	9 55				
7	FRI.	Hannah More died, 1833.	5 28	6 26	10 34	5 30	6 25	10 43				
8	SATUR.	Montreal capitulated, 1763.	5 29	6 24	11 29	5 31	6 23	11 37				
9	SUN.	Sebastopol taken, 1855.	5 31	6 22	morn.*	5 32	6 21	morn.*				
10	MON.	Francis Guizot died, 1874.	5 32	6 20	0 30	5 34	6 19	0 37				
11	TUES.	Battle of Brandywine, 1777.	5 33	6 18	1 35	5 35	6 17	1 42				
12	WED.	Marshall Blucher died, 1819.	5 35	6 16	2 42	5 36	6 15	2 48				
13	THUR.	Quebec taken by Gen. Wolfe, 1759.	5 36	6 14	3 49	5 37	6 14	3 54				
14	FRI.	Jac. Cartier arrived at Quebec, 1535.	5 37	6 13	rises.†	5 38	6 12	rises.†				
15	SATUR.	City of Mexico captured, 1847.	5 38	6 11	6 19	5 39	6 10	6 20				
16	SUN.	James II. of England died, 1701.	5 39	6 09	6 35	5 40	6 09	6 38				
17	MON.	St. Lambert.	5 41	6 07	6 53	5 41	6 07	6 57				
18	TUES.	Capitulation of Quebec, 1759.	5 42	6 05	7 14	5 42	6 05	7 20				
19	WED.	Lord Sydenham died, 1811.	5 43	6 03	7 41	5 43	6 03	7 48				
20	THUR.	Siege of Paris began, 1870.	5 45	6 01	8 17	5 45	6 01	8 25				
21	FRI.	Battle of Fisher's Hill, 1864.	5 46	5 59	9 05	5 46	5 59	9 15				
22	SATUR.	Walter Scott died, 1832.	5 47	5 57	10 08	5 47	5 57	10 18				
23	SUN.	Madame Malibran died, 1836.	5 48	5 55	11 24	5 48	5 55	11 33				
24	MON.	Dean Milman died, 1865.	5 50	5 54	morn.*	5 40	5 54	morn.*				
25	TUES.	New York sur. to British, 1776.	5 51	5 52	0 47	5 50	5 52	0 56				
26	WED.	Marquis of Wellesley died, 1842.	5 52	5 50	2 12	5 52	5 50	2 17				
27	THUR.	Strasbourg capitulated, 1870.	5 51	5 48	3 35	5 53	5 44	3 48				
28	FRI.	Sir W. Jones born, 1716.	5 55	5 46	4 55	5 51	5 47	4 56				
29	SATUR.	St. Michaelmas Day.	5 56	5 44	6 13	5 56	5 45	6 12				
30	SUN.	Whitfield died, 1770.	5 57	5 42	7 30	5 57	5 43	7 27				

\*a.m.

†p.m.

apt to be cross and irritable, even though sweet tempered enough usually. The kidneys—left by the liver to do the work of both—are overloaded, which causes heat in urination and pain in the back.

Now, the main fault in all this mischief is with the stomach, which, being over-worked itself by its foolish owner, has put more work on the liver than it can do. Hence the bile has “backed” into every vein and tissue in the body. In such a state of things as this we must first cleanse the clogged stomach and bowels with full doses of Mother Seigel's Syrup. The Syrup will then stir up the liver to remove the bile which lodges in the blood. This will relieve the kidneys, and presently we shall have the troublesome and dangerous bile either out of doors or back in its place. What wonderful yet quiet and painless power this Syrup possesses to bring about this transformation is well known to grateful multitudes who have trusted and tried it.

### Girls of the Right Sort.

“My daughter, unless you can work the ship off the coast she will soon strike the rocks and we shall all be lost.”

So said the captain of a fine merchant vessel to his daughter. He was right; it was their only chance. The bark *Anina*, 700 tons, was bound from Cuxhaven to Rio with a general cargo. She had scarcely left port when the captain was disabled by a broken leg. A mutiny followed. Under threat of bad weather the *Anina* anchored in a bight of a bay on the dangerous coast of Cornwall. Here the officers and all of the crew deserted. A furious cyclonic southwest gale arose. The anchors dragged and the girl burned a flare on deck. The life-boat responded, but was staved against the ship's side by a sea. All the boat's crew were lost except the coxswain, who gained

the deck. He was not a sailor, yet with him alone under her orders, this girl, who was a sailor, cut both cables, set some headsail and got out into the open. It was touch and go, but true grit won. Three weeks longer the girl commanded before help came. Yet it did come finally, and so did the wedding of the handsome young coxswain and the captain's beautiful and heroic daughter.

And yet there are some fools left who say we must look to men chiefly for courage and intelligence. Stuff and nonsense. Any woman will scream when she sees a mouse (that's mere nerves), and ten minutes later she will meet disaster or death with a quiet smile. Then too, women have a genius for throwing in a suggestion exactly where it is wanted.

A man writes this way:—“I came home dejected,” so he goes on, “and didn't know what to do, but my daughter said \_\_\_\_\_.”

But avast a minute. Before we hear what his daughter said, let's have his story from the start, shipshape and Bristol fashion. He says: “In December, 1890, I was suddenly taken one day with an excruciating pain in the pit of the stomach and in the right side. For over twelve hours I could neither sit nor lie down. The medical man who examined me gave me some medicine, but on the second day jaundice set in, and from that time I suffered from a similar attack about once every three weeks. Every remedy was tried without avail; nothing did the slightest good. The kidney secretion was something frightful, being a mass of matter, blood and bile

“This continued five months, and I grew weaker and thinner every day. My friends thought nothing could save me. Many urged me to have further advice, as at this time the secretions were much worse and the motions resembled white clay. Another

(Continued on page 22.)

### Don't take Narcotics.

There is a good deal too much taking of sedatives and narcotics for so-called nervousness now-a-days. This is bad, and nothing but bad. You mustn't try to put your nerves to sleep. Opium will dull pain, but you will have to pay a fearful price for that sort of comfort. Pain isn't disease—it is a sign or symptom of disease. You can't make the wind stop blowing by nailing the weathercock fast to the staff. Cure your indigestion by taking Seigel's Operating Pills, and when the cause is abolished the pain will go with it.

### Profited by His Ignorance.

"I'll fine you \$10 for drunk and disorderly," said the Judge.

"Arrah," remarked the prisoner to the bailiff. "Oif'm ahead anyhow. If he had known me contempt av court, he'd av foined me for that, too."

### Overestimation.

"What is the manin' av that black eye, Dennis?"

"That is a marruk of esteem."

"Av esteem."

"Yis; Oi esteemed meself a better fighter nor Mike McManus."



ARABIAN.

### Same Troubles—Same Cures.

There is nothing new this year about human aches and ailments. We certainly don't want any new ones invented and we shall be glad to have as little as possible to go with the old ones. But they will come along now and then in spite of all our efforts to stave them off. We are able to assure our friends that no better remedies have been found than those which have made the name of Mother Seigel known in all parts of the earth. Therefore when you are ill call on her for help in 1894 as you did in 1893, and in other years gone by.

### Business with Them.

"Truckmen do a great deal of betting at the race track."

"Can they afford to?"

"I don't know; but you go down to the business districts and you'll see them backing horses nearly all the time."

Doctor—"My good woman, does your son always stutter?" Mother—"Not always, sir. Only when he attempts to talk."

### 10th Month.

OCTOBER, 1894.

### 31 Days.

Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and the regions of St. Lawrence and Ottawa Rivers.						For Toronto and Province of Ontario, lying on and bet. the Great Lakes.						MOON'S PHASES.			7TH MERIDIAN.			9TH MERIDIAN.			10TH MERIDIAN.		
			Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	First Quarter	Full Moon	Last Quarter	New Moon	1st Quarter	Full Moon	1st Quarter	Full Moon	Last Quarter	New Moon	1st Quarter	Full Moon	1st Quarter	Full Moon	Last Quarter	New Moon		
1	MON.	Sir Edwin Landseer, R. A., d'd, 1873	h.m.	5 58	5 40	h.m.	5 57	5 41	h.m.	6 45	7 14		6d	2h	1m ev.	6d	1h 41m ev.	6d	1h 41m ev.	6d	1h 41m ev.	6d	1h 41m ev.	6d	1h 41m ev.	
2	TUES.	First Railroad in the U.S., 1833.	5 59	5 38	7 07	5 58	5 39	7 14																		
3	WED.	Samuel Adams born, 1803.	6 01	5 36	7 42	6 00	5 37	7 51																		
4	THUR.	First English Bible printed, 1535.	6 02	5 34	8 26	6 01	5 35	8 35																		
5	FRI.	Sir Francis Grant, R. A., d'd, 1878	6 04	5 32	9 18	6 02	5 33	9 27																		
6	SATUR.	Jenny Lind born, 1821.	6 05	5 30	10 17	6 04	5 31	10 25																		
7	SUN.	Parnell died, 1891.	6 07	5 28	11 21	6 05	5 29	11 28																		
8	MON.	Battle of Torres Vedras, 1810.	6 08	5 27	morn.*	6 06	5 28	morn.*																		
9	TUES.	Chicago Fire, 1871.	6 09	5 25	0 28	6 07	5 26	0 34																		
10	WED.	Cardinal McCloskey died, 1885.	6 10	5 23	1 35	6 08	5 25	1 39																		
11	THUR.	Bahama discovered, 1492.	6 12	5 22	2 43	6 09	5 24	2 45																		
12	FRI.	Robert Stephenson died, 1859.	6 13	5 20	3 50	6 10	5 22	3 50																		
13	SATUR.	Battle of Queenston Heights, 1812.	6 14	5 18	4 58	6 11	5 20	4 57																		
14	SUN.	James II, of England born, 1633.	6 15	5 16	6 08	6 12	5 18	6 06																		
15	MON.	Letitia Elizabeth Landon d'd, 1838	6 17	5 14	rises.*	6 13	5 18	rises.*																		
16	TUES.	Kosciusko died, 1896.	6 18	5 13	5 44	6 15	5 15	5 51																		
17	WED.	Sir Philip Sidney died, 1586.	6 19	5 11	6 17	6 16	5 13	6 25																		
18	THUR.	Lord Palmerston died, 1865.	6 20	5 09	7 01	6 18	5 11	7 11																		
19	FRI.	Leigh Hunt born, 1784.	6 22	5 08	8 00	6 19	5 10	8 10																		
20	SATUR.	Sir Christopher Wren born, 1632.	6 23	5 06	9 13	6 20	5 09	9 22																		
21	SUN.	Battle of Trafalgar, 1805.	6 24	5 04	10 34	6 21	5 07	10 41																		
22	MON.	Lord Holland died, 1840.	6 26	5 02	11 56	6 23	5 06	morn.*																		
23	TUES.	T. Gautier died, 1872.	6 28	5 01	morn.*	6 24	5 04	0 01																		
24	WED.	Chaucer, poet, died, 1400.	6 29	4 59	1 17	6 26	5 03	1 21																		
25	THUR.	Battle of Balaklava, 1854.	6 30	4 58	2 35	6 27	5 01	2 37																		
26	FRI.	Wreck of the Royal Charter, 1859.	6 32	4 56	3 52	6 28	5 00	3 52																		
27	SATUR.	Capitulation of Metz, 1870.	6 33	4 54	5 08	6 29	4 78	5 06																		
28	SUN.	Harvard College founded, 1636.	6 31	4 53	6 24	6 30	4 57	6 20																		
29	MON.	Reform Riots at Bristol, 1831.	6 36	4 51	7 39	6 32	4 53	7 23																		
30	TUES.	Tower of London burned, 1841.	6 37	4 51	8 52	6 33	4 54	8 45																		
31	WED.	Buckstone, comedian, died, 1879.	6 39	4 48	10 02	6 35	4 52	9 54																		

\*a.m.

†p.m.

attack came on, and as I was daily getting worse, I said I will see the doctor first and if he can do no good I will seek further medical help.

“Accordingly I went to see him, but he was from home and would not return until late at night. I came home dejected and did not know what to do, but my daughter said, ‘Why don’t you try Mother Seigel’s Curative Syrup? We hear it has cured so many. If it does you no good it will do you no harm.’ ‘Well,’ I said to her, ‘I will try a bottle.’

“I then began to take it, and oh, how thankful I afterwards was, for on the third day I could see such a change. The secretion, instead of being nothing but corruption, became clear, and the motions a healthy color. From that time I daily gained health and strength, and in a short time I was as well as ever in my life, and have had no return of the disease.

“I can therefore speak of this medicine in the highest terms, for under God’s blessing, it cured me when nothing else had the slightest effect.”

The above communication is from a business man of high character in the county of Brecon. For especial reasons he desires his name to be withheld for the present, but we freely pledge our own reputation for the truth of his statement. The date is Feb. 12, 1892.

The attacks, which would probably have soon ended his life, were of severe kidney and liver congestion, growing out of profound indigestion and dyspepsia. His system was flooded with bile and poisons, and he may thank Heaven for having a daughter who made the right suggestion at a critical moment. In courage and good sense she is like the other girl who saved the father’s ship from wreck while he lay helpless in his cabin. Success attend them in their own life voyage, say we.

## That Long Tube.

The bowels are simply a tube 25 feet long coiled up in the abdomen and reaching from the lower part of the stomach to the final exit from the body. After the food has been partly digested in the stomach it passes into this tube, where the work of digestion is continued. In a state of health the bile from the liver is poured upon the food while it is in the bowels. For a more full account of this read the succeeding paragraphs on the liver. It is in the bowels that indigestion and dyspepsia present the most afflicting symptoms. In lack of sufficient bile, and of the natural fluids to promote and assist digestion, the food becomes dried and hardened throughout almost the entire extent of this long tube. It may be compared to a long railroad tunnel in which the trains become so jammed that they cannot move.

You can easily see what must now happen. The contents of the bowels become corrupt and putrid. They are like a quantity of kitchen refuse which gets sour in the sun. It “works” and develops poisonous acids and gases, which pass through into the blood and are distributed far and near over the body. A person troubled in this way is miserable indeed. His head aches, the abdomen becomes swollen and hard, his sides tremble and beat, there is much gripping pain caused by the imprisoned gas, and that entire region is cold, lifeless and dead. In a word, it is a sepulchre filled with decay and rotteness.

The only remedy is to be careful of the diet and to take Mother Seigel’s Syrup as directed until this seething and horrible mass is moistened, dissolved and expelled. It is better not to be in haste about it. Take time enough to permit the Syrup to search every hole and corner.

## Mystery of the Mustache.

Watch the men who wear a mustache. The good-natured ones curl the ends up, the cross ones pull the ends down. So you can tell 'em apart and govern yourself accordingly. But the secret isn't in the mustache—it is in the stomach and in the blood. Clear out the bile with a few doses of Mother Seigel's Operating Pills and the ends of the mustaches will curl upwards of their own option, as a dog lifts his ears when somebody speaks his name pleasantly.

The maid fell overboard one day; The boat was far from land; Her frenzied lover cried, "Oh! pray, Pray, love, give me your hand!"

The maid betrayed no silly fear, But murmuring said: "Oh, la! You ask me for my hand, George, dear, You first must speak to pa."

## A General.

Mabel—Maud is a clever flirt. Ethel—Is that so? Mabel—Yes, indeed. In a recent little affair she managed to cut out her chaperon.



ESQIMAU

## Up to Date.

There have always been plasters of some sort or another. The old-fashioned mustard poultice, the bread poultice, etc., were among them. Not bad, in their day, but untidy, sprawling things at best. Neatness, handiness and medicinal virtue are qualities of Mother Seigel's Soothing Plasters. The old style plasters must go with all the other things that the world has outgrown.

## What Women Like.

They like a man who can be strong as a lion when trouble comes, and yet, if one is nervous and tired, can button up a shoe, and do it with an amount of consideration that is a mental and a physical bracer-up.

They like a man who can take hold of the baby, convince it of his power, and get it to sleep after they have been worrying with it and walking with it until their eyes are tired and they feel as if they had no brains.

## She Ought to Be.

Mr. Bridie—She looks like an intelligent girl.

Mrs. Bridie—Cert. I got her at an intelligence office.

11th Month.

NOVEMBER, 1894.

30 Days.

Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence and Ottawa River.			For Toronto, and Province of Ontario, lying on and bet. the Great Lakes			MOON'S PHASES.	75 <sup>th</sup> MERIDIAN.	90 <sup>th</sup> MERIDIAN.	105 <sup>th</sup> MERIDIAN.
			Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises				
1	THUR.	All Saints Day.	h.m.	h.m.	h.m.†	h.m.	h.m.	h.m.†				
2	FRI.	Erie Canal began, 1825.	6 40	4 47	7 04	6 36	4 51	7 17				
3	SATUR.	St. Johns captured, 1775.	6 42	4 45	6 05	6 33	4 49	8 13				
4	SUN.	George Peabody died, 1869.	6 43	4 44	9 7	6 39	4 48	9 14				
5	MON.	Landing William III. at Torby, 1688	6 44	4 42	10 12	6 47	4 46	10 18				
6	TUES.	Abraham Lincoln elected, 1860.	6 45	4 40	11 19	6 41	4 45	11 24				
7	WED.	Last Spike C.P.R. driven, 1885	6 46	4 39	morn.*	6 42	4 43	morn.*				
8	THUR.	John Milton died, 1674.	6 48	4 38	0 26	6 44	4 42	0 29				
9	FRI.	Prince of Wales born, 1841.	6 50	4 37	1 32	6 46	4 41	1 34				
10	SATUR.	Schiller, poet, died, 1759.	6 51	4 36	2 39	6 47	4 40	2 40				
11	SUN.	Chicago Anarchists hanged, 1887.	6 52	4 5	3 48	6 48	4 39	3 47				
12	MON.	Charles Kemble, actor, died, 1854.	6 53	4 34	5 00	6 49	4 38	5 57				
13	TUES.	Montreal captured, 1755.	6 55	4 33	6 16	6 51	4 37	6 11				
14	WED.	Sir Charles Lyell born, 1797.	6 56	4 32	rises.†	6 52	4 36	rises.†				
15	THUR.	John Kepler died, 1630.	6 58	4 31	4 56	6 53	4 35	5 06				
16	FRI.	Queen of Scotland died, 1093.	6 59	4 30	5 51	6 55	4 34	6 01				
17	SATUR.	Cape of Good Hope discovered, 1497.	7 01	4 29	7 01	6 56	4 33	7 11				
18	SUN.	Cardinal Pole died, 1558.	7 02	4 28	8 21	6 57	4 33	8 29				
19	MON.	Battle of Navarino, 1827.	7 03	4 27	9 45	6 59	4 32	9 51				
20	TUES.	Battle of Belle Isle, 1750.	7 05	4 26	11 07	7 10	4 32	11 12				
21	WED.	Sir Thomas Gresham died, 1579.	7 06	4 25	morn.†	7 01	4 31	morn.†				
22	THUR.	La Salle born, 1643.	7 07	4 24	0 24	7 02	4 30	0 27				
23	FRI.	Halifax award, 1877.	7 09	4 23	1 33	7 03	4 29	1 40				
24	SATUR.	Lord Melbourne died, 1860.	7 10	4 22	2 53	7 04	4 28	2 52				
25	SUN.	Madame Grisi died, 1860.	7 11	4 22	4 07	7 05	4 28	4 04				
26	MON.	Sandwich Islands discover'd, 1778.	7 12	4 21	5 21	7 17	4 27	5 16				
27	TUES.	Straits of Magellan passed, 1520.	7 13	4 21	6 34	7 08	4 27	6 28				
28	WED.	Washington Irving died, 1859.	7 14	4 20	7 46	7 09	4 26	7 38				
29	THUR.	Cardinal Wolsey died, 1530.	7 16	4 19	8 51	7 10	4 26	8 43				
30	FRI.	Quebec assaulted, 1775.	7 17	4 19	9 46	7 11	4 25	9 37				
			7 18	4 19	10 31	7 13	4 25	10 22				

\*a.m.

t.p.m.

## He Lights His Pipe Once More.

Some fifty years ago the English ship Argos was wrecked on a low-lying key or sand island, of the Bahama group. Only one man, a sailor, was thrown safely on the beach by the waves. In his pocket was a tin tobacco box, a pipe and a flint and steel. Wringing the water from his clothes he seated himself, lighted his pipe, and with true British phlegm proceeded to consider his situation. The moral of which is that when an Englishman, having the means, refuses to smoke, he is in very bad form.

For example, here is a man who says, "I always enjoyed my pipe, but now I couldn't take a whiff." To be sure there was a reason and he puts it in this way: "Up to Michaelmas, 1887," he says, "I was a strong, healthy man. About this time I began to feel bad about my stomach and had no relish for food. I had a bad taste in the mouth, and after eating I would retch and vomit until the water oozed out of my eyes; and so bad was this that my wife had to hold my head. My eyes turned yellow, and I felt low, weak and nervous. Sometimes I would break out into a sweat and then go cold and chilly.

"I couldn't touch food, and for months I belched up sour water; and what I did eat lay heavy upon and seemed to be dead and lifeless in my body. Feeling low and depressed, I had no enjoyment in company.

"Before this I was always cheerful and enjoyed my pipe, but now couldn't take a whiff.

"I had a craving, gnawing pain at the stomach which nothing eased for long together. I had bran poultices applied and took different kinds of medicine, but nothing went to this spot, nothing eased me. After a time I had to give up my work, for I got so weak and nervous I couldn't hit my work iron and my tools and things flew out of my hand.

"For over four months I did not have a single good night's rest. I would turn and turn in bed all night long, and my wife and I often sat up the best part of the night rather than go to bed. I went so thin that my clothes fairly hung upon me. Friends who came to see me told one another that I could not get better, and even my wife said I would do no more work in this world.

"For more than twelve months I had a clever doctor attending me, but his medicine did me no good; then I went to see a physician at Sudbury with the same result. The doctors sounded my lungs, but found nothing wrong and said all my ailments were brought on by bad digestion.

"I now got weaker and weaker and had given up all hopes of recovery when, in the spring of 1889, a lady from London who was staying at the Vicarage at Otten Belchamp heard of my condition. She called at Mr. Goody's, the medicine dealer, and told him to supply me with some Mother Seigel's Curative Syrup and she would pay for it. Very reluctantly I took the medicine, for I had tried so many things without obtaining any benefit. However my wife pressed me so hard, that at last I began to take the Syrup. After a few doses I said to my wife, 'I think I feel better for this medicine,' and from that time I commenced to improve. By the time I had taken three bottles I was back at my work, as strong and well as ever, much to the surprise of everybody.

"People all about said I would never get well, but I did, thank the Lord and Mother Seigel.

"Now I tell everyone that Mother Seigel's Syrup saved my life. I can now eat anything and feel so light-hearted I could jump over a five barred gate. My neighbors all say I look ten years younger."

ELIAS BLAND, Shoemaker,  
Belchamp St. Paul,  
Clare, Suffolk.

### Not so Bad After All.

The girl with a backache thought she was going to be an invalid for life, poor thing, the pains were so bad and came every day. The doctors tried to find out what caused them but had no success. Her relatives and friends talked and worried about it, but were all in the dark as to what really ailed her. At last somebody advised her to try a few successive doses of Mother Seigel's Operating Pills. The young lady did so and was all right in a week. The liver, that was the trouble, with a touch of kidney congestion, but only a touch. Plenty of young persons the same way. Commonly arises from indigestion and cold.

Don't think too much of money. Work and earn it honestly, but bear in mind that it is but a means, not an end.

### Too Good to Live.

"My papa," said the five-year-old orphan reprovingly to the two gentlemen who, while playing cards, were vigorously "using the weed"—"My papa didn't chew tobacco, 'n' he didn't smoke, 'n' he didn't get drunk, 'n' he didn't swear. But he died all the same."



CHINESE

### Let Him Look Out.

No, it is better not to visit a powder mill. It might blow up while you are in it. Then how would your friends know where to look for you? No, no; a powder mill is too risky a place to be curious about. A cider mill or an ice house is safer. Yet the man whose blood is jammed full of poisonous acids and humors is in almost as much danger as he would be in a powder mill. Any one of fifty diseases may bowl him over any day. Let him clear out these explosives with Seigel's Operating Pills and walk the earth in security.

### Forethought.

Chinese parents excuse themselves for killing their children by saying that if every one was allowed to live, there wouldn't be enough shoemakers to supply them with shoes, and that many would have to go barefooted in winter, and thus suffer great discomfort. When a Chinaman can't see through a stone wall, no one else will try.

### Not Her Hobby.

Reggy Backday—Miss de Mudd, are you interested in psychology?

Miss de Mudd—Oh, yes; very much! But I know I should break my neck if I tried to ride one.

### 12th Month.

### DECEMBER, 1894.

### 31 Days.

Day Month.	Day Week.	CHRONOLOGICAL EVENTS.	For Montreal, Quebec and regions of St. Lawrence and Ottawa Rivers.						For Toronto and Prov- ince of Ontario, lying on and bet. the Great Lakes						MOON'S PHASES.	75TH MERIDIAN.	80TH MERIDIAN.	105TH MERIDIAN.	
			Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.	Sun Rises.	Sun Sets.	Moon Rises.					
1	SATUR- SUN.	Princess of Wales born, 1844. Coup d'Etat in Paris, 1851.	h.m.	h.m.	h.m.†	h.m.	h.m.	h.m.	h.m.	h.m.	h.m.	h.m.	h.m.	h.m.	First Quarter.....	5d	7b	15m.	
2	MON.	Madrid captured, 1808.	7 20	4 18	7 59	7 14	4 24	8 06	7 21	4 15	4 24	9 11	7 22	4 18	10 12	Full Moon.....	12d	2b	15m.
3	TUES.	Richeleu died, 1642.	7 23	4 17	11 17	7 17	4 23	11 03	7 24	4 17	morn.*	7 18	4 23	morn.*	Last Quarter.....	19d	6b	16m.	
4	WED.	Mozart died, 1792.	7 25	4 17	0 22	7 19	4 23	0 23	7 26	4 17	1 28	7 20	4 23	1 28	New Moon.....	26d	9b	20m.	
5	THUR.	Max Muller born, 1823.	7 27	4 16	2 37	7 21	4 23	2 35	7 28	4 16	3 50	7 21	4 23	3 46					
6	FRI.	Algernon Sidney beheaded, 1683.	7 29	4 16	5 09	7 22	4 23	5 03	7 30	4 16	6 31	7 23	4 23	6 23					
7	SATUR- SUN.	Immaculate conception'd, 1854. Vandyck, painter, died, 1641.	7 31	4 16	rises.†	7 24	4 23	rises.	7 32	4 16	4 41	7 25	4 23	4 52					
8	MON.	Alex. Dumas died, 1870.	7 33	4 16	5 59	7 26	4 24	6 06	7 34	4 17	7 27	7 27	4 24	7 33					
9	TUES.	James II. fled, 1688.	7 35	4 17	8 52	7 28	4 24	8 57	7 36	4 17	10 13	7 29	4 24	10 16					
10	WED.	Edwin Forest died, 1872.	7 37	4 18	11 31	7 29	4 25	11 32	7 38	4 19	1 58	7 30	4 25	morn.*					
11	THUR.	Battle of Fredericksburg, 1862.	7 39	4 22	6 41	7 32	4 29	6 33	7 40	4 22	7 39	7 33	4 29	7 30					
12	FRI.	Washington died, 1799.	7 41	4 19	0 45	7 30	4 26	0 44	7 38	4 19	1 58	7 31	4 26	1 55					
13	SATUR- SUN.	Prof. Agassiz died, 1873.	7 38	4 20	3 10	7 31	4 27	3 06	7 38	4 20	4 23	7 31	4 27	3 06					
14	MON.	John Selden born, 1584.	7 39	4 21	5 34	7 32	4 28	5 27	7 39	4 22	6 41	7 32	4 29	6 33					
15	TUES.	Sir Wm. Cascoigne died, 1413.	7 40	4 22	8 23	7 33	4 30	8 19	7 40	4 23	8 24	7 33	4 30	9 00					
16	WED.	Sam. Rogers died, 1855.	7 41	4 25	9 38	7 33	4 32	9 32	7 40	4 25	9 38	7 33	4 32	9 32					
17	THUR.	Napoleon III. elected Pres., 1848.	7 42	4 26	10 02	7 34	4 33	9 57	7 40	4 26	10 23	7 34	4 33	10 18					
18	FRI.	Henry II. crowned, 1154.																	
19	SATUR- SUN.	Shortest Day.																	
20	MON.	Plymouth settled, 1620.																	
21	TUES.	Prince Consort buried, 1861.																	
22	WED.	W. M. Thackeray died, 1863.																	
23	THUR.	Christmas Day.																	
24	FRI.	Battle of Trenton, 1776.																	
25	SATUR- SUN.	St. John the Evangelist.																	
26	MON.	Tay bridge disaster, 1879																	
27	TUES.	Gladstone born, 1809.																	
28	WED.	Juan Prim died, 1870.																	
29	THUR.	Montgomery killed at Quebec, 1755.																	
30	FRI.																		
31	SATUR- SUN.																		

\*a.m.

+p.m.

## SUPPER AND THEN SLEEP.

When, after a hard day's work, a man comes home and says, "Wife, I am very tired," she isn't a bit surprised. He has a right to be tired. He has earned his supper and his sleep.

But after he has had a good, plentiful feed, what if he should say, "How sorry I am I ate my supper!" Then, on getting up in the morning, suppose he began to growl in this style: "What a fool I was to go to bed; in the morning I feel more tired than I do at night."

On hearing this sort of talk his wife would think he was getting out of his head or that some complaint had seized on him. And she would be quite right.

Yet plenty of people take this apparently absurd attitude; men and women both. They get at odds with things; blessing turns to bane, light to darkness, and Nature's bounties become curses, like singing birds transformed to bats.

"I was always tired and languid," writes a woman, "and ached from head to foot."

This is an instance of what we say. It is unfortunate, and sometimes even wrong. To be *always* tired and languid is out of nature. Flowers themselves seldom wilt and droop until autumn comes.

Some other things she says which may help to explain. "All my life," her letter runs, "I have been weak and ailing. When I was sixteen it was thought that I had consumption. My appetite was very poor, and after eating I had great pain and tightness across the chest, and would swell so much I was obliged to loose my clothing."

This at sixteen! An age when youth should inhabit a heaven of its own, full of strength, bright fancies, without a pain or an ache. But come, we forget the children's legacies. Often when parents can

leave no money they transmit disease. More shame to them.

Well, we must get on. The letter continues: "Frequently I had so much pain I could scarcely draw breath for an hour. I often threw myself on the couch wondering if I could live much longer in this way. I grew to be afraid to eat, as *all food alike disagreed with me*.

What a dreadful thing! It is the same as being choked by pure air. Such a condition is nothing less than diabolical. It suggests the idea of being murdered by one's own best friend.

"I was also much troubled," says the lady, "with sickness, as though something should come up, and sometimes threw up phlegm streaked with blood. I suffered from constant pain and pressure at the heart, which I believed to be heart disease. It was rare that I had a good night's rest, and often awoke with a sense of smothering. I was so bad that sometimes my husband had to knock my back to get my breath into me.

"After a time a short, dry cough fixed upon me, and gradually I got so weak that everybody thought I was in a decline and wasting away. I was just able to drag myself about, and often had to stop and rest. My life was a misery, and it was a trouble to live, yet thus it went on year after year. For 16 or 17 years, time and time, I was under the doctors and no better for all their medicines.

"In September, 1885, my husband begged me to try Mother Seigel's Curative Syrup, and to please him I did so. After I had used one bottle I was so much better I was glad to buy another myself. Soon my food digested and all pain left me. I have never been so well in my life as for the past seven

years. I tell everybody what the Syrup has done for me, and willingly consent to the publication of this letter. Yours truly, (Mrs.) Elizabeth Hope, wife of Andrew Hope, builder, Moss Lane, Styal, Handforth, Cheshire, England, June 24th, 1892.

In this climate lung complaints are common, but not so common as people think. It was believed that Mrs. Hope had consumption, yet she really had indigestion and dyspepsia, a disease in the end more fatal than consumption, which is one of its results when long continued. What is the lesson? Very simple. Cure the cause.

Thus you may eat well, sleep well, work well, and happily live until you pass away of old age.

## What is Rheumatism?

Who has not noticed how queerly things act that float upon the surface of a crooked stream or river. They hurry along where the stream is swift and straight, and then collect and stick fast where the water is slow and bend, and in all the bends and eddies.

The blood rushing through the human body is like such a river. Any and all impurities in it are borne along swiftly through the larger veins and arteries until they get to the distant turning points where the blood vessels are small and the current is sluggish and diffused. These points are the joints of the fingers, limbs, toes and ankles. We all know how often gout attacks the heel, and rheumatism the various joints. We will now give you the reason of this. It is part of the duty of the liver to take from the blood a certain waste product called uric acid, and send it to the kidneys, to be expelled from the body in a liquid form. When the liver is feeble or ailing and cannot do this, the uric acid remains in the blood in the form of a solid,

and is a dangerous poison. The blood carries it to the joints, where it sticks fast, for the reasons we have given. Here it sets up a painful inflammation, which we call rheumatism. You perceive from what we have said that *rheumatism is one of the signs and direct results of indigestion and dyspepsia*. It may seem a strange thing to those who have never thought of it before, but the torturing agony of rheumatism in the joints and muscles is due to undigested food in the stomach. The medium or agent in bringing about this miserable consequence is *always impure blood*.

Why Mother Seigel's Syrup cures rheumatism will now be clear and plain; it destroys the cause. After all the customary external applications, liniments, ointments, poultices, plasters, etc., have been tried long and vainly, Mother Seigel's great discovery presently abates the inflammation quiets the pain, and restores to the rheumatic cripple the free use of his muscles and joints.

## It Does Good Wherever Used.

Holland Harbour, N. S.

A. J. White & Co.

Gentlemen: Your medicine does good wherever it goes. People come thirty miles after it, and before the last box came there were several parties waiting for it. I have no trouble in selling the second bottle.

Yours very truly,

GIDEON FLICK.

## A Merchant's Testimony.

Clifford, Ont.

Dear Sirs: I have not been acquainted very long with Seigel's Syrup, but I consider it a good medicine for the diseases you recommend it. Please send me some Almanacs that I may circulate them among the people and let them know more of your medicine.

Truly yours,

THOS. SMITH.

## The Best of All.

Stay, stay at home, my heart, and rest;  
Home-keeping hearts are happiest,  
For those that wander they know not where  
Are full of trouble and full of care;  
To stay at home is best.

Weary and homesick and distressed,  
They wander east and they wander west,  
And are baffled and beaten and blown about  
By the winds of the wilderness of doubt;  
To stay at home is best.

## AND THIS IS ONE OF THEM.

There are some truths that ought to be blown through a million speaking trumpets every hour; that ought to be printed in big type on the front page of every newspaper; that ought to be painted on every sign-board at the cross-roads; that ought to be taught in every school. And this is one of them: *There is no such thing on earth as a tonic medicine.*

People talk of "tonics" and doctors talk of "tonics." Pshaw! When a country is discovered in which no food stuffs are ever raised or imported, and in which the men, women and children are all well and hearty, we may conclude they subsist on some sort of "tonic." The mischief this delusion about tonics has done is beyond calculation. It leads the sick to lean on broken reeds, to expect relief from a source from which it is simply impossible that relief can come, to waste money in buying "tonics," and precious time in waiting for these alleged "tonics" to work miracles.

Mr. Thomas Foster, of 15, Chatham Place, Adelaide Street, Hull, in an account of a recent illness says, among other things, this: "I then tried stomach tonics, but they done me no good."

Suppose we have his whole story, which is short, and make our comments on it afterwards. He says: "Up to the month of June, 1891, I was strong and healthy. At that time I fell into a low, weak condition. I felt languid and heavy, and was always tired. I had a foul taste in the mouth, and a dreadful pain in the chest and sides after eating, whilst *my stomach was like a burning fire.* I was much troubled with wind, which seemed to roll all over me, and I had a constant belching and rising in my throat. I was in *agony day and night*, and for hours I walked about

the room rubbing my chest in the effort to obtain relief. I lost a deal of sleep and felt worse tired in the morning than when I went to bed. Gradually I became weaker and weaker, until I had hard work to follow my employment, for *I was in misery* all the time.

"I went to a doctor, who sounded me and gave me medicines, but I got no relief, and after taking his medicines for a month I left off going to him. I then *tried stomach tonics*, and other medicines, but nothing did me any good. In this state I continued week after week, growing more feeble all the while. I felt that if I did not soon find a remedy I should be done for altogether.

"In October last (1891) a book was left at my house, telling of Mother Seigel's curative Syrup, and describing a case like mine that had been cured by it. As I had often heard this medicine well spoken of, I made up my mind to try it, and got a bottle from Mr. Cousins, in Anlaby Road. After I had taken two doses I felt grateful relief, and before I had quite finished the bottle I was completely cured and have since been in the best of health.

*"I thank God that this medicine was ever make known to me.* Otherwise I should have been in my grave before now. I will answer anyone who may write me concerning the facts here set forth." Yours truly, (signed) Thomas Foster, 15 Chatham Place, Adelaide Street, Hull, England, March 24, 1892.

Now, let us see: The symptoms of Mr. Foster's complaint are many to understand. He suffered from indigestion and dyspepsia. The medicines administered by his physician or purchased by himself proved useless, because they were not addressed to the disease with which he was really afflicted,

but to one or more of its symptoms. To abolish any existing evil it is always *causes* we must work at, never mere consequences.

The "stomach tonics" which Mr. Foster hoped might relieve him may have done so for a moment on precisely the same principle that a sharp application of whip and spur wakes up a tired horse, not by giving him strength, but by rousing his reserved nervous forces, with a deeper reaction and greater weakness to follow. That is how it ever was and will be.

Mother Seigel's Curative Syrup restored this gentleman to real and genuine health by cleansing his system of the poison of disease and by removing the obstacles which prevented his retaining and digesting his food. A very simple thing, yet how hard to accomplish, oh! my friends.

This remedy does it however, as a host of witnesses all over the world constantly testify,—witnesses who say more in praise of its merits than you would have time to

#### Dyspepsia and Liver Complaint Cured.

Middle County Harbor, Nova Scotia.

A. J. White & Co.

Dear Sirs: Your Mother Seigel's Curative Syrup gives good satisfaction to all who use it. For Dyspepsia and Liver Complaint it never fails. One old man who had suffered for years with both these ailments is to-day a well man.

Yours respectfully,

F. SALSMAN.

#### Full Satisfaction.

Notre Dame, de Stanbridge, Quebec.

A. J. White:

I owe Seigel's Syrup and Pills the testimony that they have given full satisfaction in every case, and made some remarkable cures of long standing disorders. Please send some almanacs, and oblige,

Yours respectfully,

J. G. TRAHAN.

#### Skin Diseases.

In this short paragraph we want to enforce only a single point. *All skin diseases, of whatsoever name or nature, are caused by IMPURITY OF THE BLOOD.* The skin is full of minute blood vessels. These carry the poison which is in the blood to the skin, and such poison produces an outbreak, according to what its special nature may be. Pimples on the face or body, erysipelas, salt rheum, ulcers, sores, boils, carbuncles, and every other disease—including tumors and malignant cancers—which shows itself upon the surface of the skin, signify that the blood is laden with the foul and putrid matters which are themselves engendered by indigestion and dyspepsia. Scabs in the hair, sore eyes, running from the ears, etc., come from the same cause, and can be gotten rid of in the same way, namely, by the use of Mother Seigel's Syrup.

When that venerable woman was sixty-five years of age her skin was white, pure and smooth as in childhood. This she attributed to the occasional use of her own medicine. The coarsest skin can thus be made soft and fine. Rashes, festers, fleshworms, liver spots, blackheads, disappear before the Syrup, as a fog before a fresh west wind. Men who like good looks, and women who like beauty, will do themselves a kindness by bearing this in mind.

#### Heart Trouble.

When you fancy you have heart disease the chances are a hundred to one that you have no heart disease at all, but indigestion and dyspepsia instead. The heart is located almost directly above the stomach, and when the latter is inflated by the gas arising from indigestion it often presses upon the heart and causes fluttering, palpitation, and faintness. Take a few doses of Mother Seigel's Syrup and you will commonly find you had no reason to be alarmed.

# Worth Five Dollars a Box!

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S EIGEL'S OPERATING PILLS

## SEIGEL'S OPERATING PILLS.

Unlike most cathartic medicines these pills do not make you feel worse before you feel better. They act rapidly, thoroughly and gently, without causing griping or nausea. For biliousness and the resulting nervous disorders, sick headache, distress, and a sense of engorgement and stoppage after eating, dizziness, mental dullness, drowsiness, alternate flashes of heat and cold, loss of appetite, shortness of breath, all blotches and eruptions on the skin, restlessness and bad dreams, acute or chronic constipation, piles, colds which threaten fevers, pains in the back and limbs, torpid liver, bad tastes in the mouth, etc., they excel all others.

Women, from puberty to old age, will find MOTHER SEIGEL'S PILLS just what they would expect from a woman so wise and experienced as the one who discovered and prepared them. They speedily correct all irregularities, remove obstructions and bring about the natural and proper action of every function peculiar to their sex. Good health awaits their use, as roses bloom beneath the sunshine of June. Directions accompany each box.

Here is a fact that cannot be too often repeated: *disease is the fruit and consequence of impure blood.* All the symptoms named above, with scores besides, flow from this single source. Remember also that all impurities and poisons in the blood are developed by the contents of the clogged stomach and bowels when their work of nourishing the body is impeded and thwarted by *Indigestion and Dyspepsia*. This remedy goes straight to the birthplace of liver and kidney complaints, touches every dull and lethargic organ AS WITH AN ENCHANTER'S WAND, and awakes them to action, making labour a pleasure, and giving new meanings to life.

Sold at retail by all druggists. In boxes, price 25c. If these Pills cannot be obtained from your druggist, they will be sent by mail on receipt of price.

A. J. WHITE & CO.,

No. 71, St. James Street, Montreal, P. Q.

**MY LITTLE BO-PEEP.**

My little Bo-Peep is fast asleep,  
And her head on my heart is lying;  
I gently rock, and the old hall clock  
Strikes a knell of the day that's dying;  
But what care I how the hours go by,  
Whether swiftly they go or creeping?  
Not an hour could be but dear to me  
When my babe on my arm is sleeping.  
Her little bare feet, with dimples sweet,  
From folds of her gown are peeping,  
And each wee toe, like a daisy in blow,  
I caress as she lies a-sleeping;  
Her golden hair falls over the chair,  
Its treasures of beauty unfolding;  
I press my lips to her finger tips  
That my hands are so tightly holding.  
Tick, tock, tick, tock, you may wait, old clock,  
It was foolish what I was saying;  
Let your seconds stay, your minutes play,  
And bid your days go all a-Maying,  
O, Time! stand still—let me drink my fill  
Of content while my babe is sleeping;  
As I smooth her hair my life looks fair,  
And to-morrow—I may be weeping.

**The Wastes of the Body.**

A man takes into his body, daily, several pounds of foods of various kinds, as meats, bread, vegetables, and water, yet he grows no heavier. It is, therefore, clear that his body must in every twenty-four hours return, on the average, to the outside world, about as great a weight of matter as it receives from it. Even in childhood, while growth is taking place, and the body becoming heavier, the amount is only equal to the weight of the foods swallowed.

The matters given off daily from the body to the external universe, and compensating more or less accurately for the receipts from the outside world, are thus wastes, and are chiefly things which cannot be burned.

Much of the food taken in can be, and is oxidized, to enable us to move and keep warm. When burned it is of no further use to us, and would only clog up the various organs, as the ashes and smoke of an engine would soon put its fire out if they were allowed to accumulate in the furnace. This shows the necessity of keeping the digestive organs in a natural and active condition, which is best accomplished by using Mother Seigel's Syrup whenever any occasion for it arises.

**The Tiger's Rough Tongue.**

Tame tigers have been known to draw blood by licking the hand of their master. This indicates how rough and strong the surface of that animal's tongue is. In all animals, whether human beings or quadrupeds, the surface of the tongue indicates the condition of the health.

In children, the tongue is usually of a red color. In adult life, the natural color of the tongue is less red except around the edges and tip; a bright red glistening tongue is then usually a symptom of disease.

When the digestive organs are deranged, the tongue is commonly covered with a thick yellowish coat and there is frequently a bad taste in the mouth. The whole mucous membrane of the alimentary canal is in close connection, and anything disordering the stomach is likely to produce a furred tongue, which in most cases may be taken as meaning something wrong with the deeper parts of the digestive tract.

Therefore it is a good idea when feeling out of sorts to examine the tongue one's self, or have it done by another, and to resort to Mother Seigel's Syrup before worse happens. Commonly a few doses will remove the indigestion and clear the tongue.

**Worms.**

These pests are bred by the corrupt matter in the system. They often induce an unnatural appetite, and, again, destroy the appetite altogether. Mother Seigel's Curative Syrup will quickly drive them from the stomach and bowels, and expel and destroy the decaying substances on which they feed and grow.

Mothers should give their children occasional doses of the Syrup in order to keep the stomach in order and thus prevent worms being engendered there. This is true of all the parasites that infest the bowels and skin. It starves and cleanses them away.

**PILL-TAKING MADE A PLEASURE.**

As many people find it almost impossible to swallow the ordinary Pills on account of their size and taste,

**MOTHER SEIGEL'S OPERATING PILLS (SUGAR COATED.)**

will be hailed with delight; for by this discovery, pill-taking is made a pleasure. While SEIGEL'S OPERATING PILLS are so very agreeable on account of their small size and sugar coating, they lack none of the medicinal properties of the very best pills made. When once used, people will gladly continue taking them in preference to all others, because they will find the effects so agreeable and at the same time very beneficial. They are mild but thorough, removing all obstructions, invigorating the liver, and causing the bowels to move with the regularity of health. The best remedy extant for the bane of our lives—Constipation.

**DIRECTIONS.**

SEIGEL'S OPERATING PILLS operate thoroughly as a purgative in doses of 2 to 4. In extreme cases, 6 may be taken.

One SEIGEL PILL every night will cure Obstinate Constipation.

One SEIGEL PILL at bed-time will cure a Headache.

One Pill every night will remove a Bad Taste in the mouth.

One Pill daily will cure pain in the Side.

One Pill as a dinner pill will cure Distress after Eating.

One Pill daily will cure Dizziness.

One Pill daily will cure Drowsiness.



One Pill daily will clear up and whiten the Sallow Skin.

A full dose of SEIGEL'S PILLS will break up a Cold.

A full dose will cure Biliousness.

SEIGEL'S PILLS are purely vegetable and harmless; mild but thorough, causing no griping or distress.

One pill daily for Torpid Liver acts like magic.

**Price, 25c. per Box.**

Sold by all Druggists or sent by mail on receipt of price.

**A. J. WHITE & CO.,**

PROPRIETORS,

71 St. James Street,  
MONTREAL, P.Q.

**MOTHER SEIGEL'S OPERATING PILLS (SUGAR COATED)**

Cure Sick Headache and relieve all the troubles incident to a bilious state of the system, such as Dizziness, Nausea, Drowsiness, Distress after eating, Pain in the Side, etc. While their most remarkable success has been shown in curing Sick Headache, yet SEIGEL'S PILLS are equally valuable in Constipation, curing and preventing this annoying complaint, while they also correct all disorders of the stomach, stimulate the liver and regulate the bowels.

Even if they only cured Headache, they would be almost priceless to those who suffer from this distressing complaint; but fortunately their goodness does not end here, and those who once try them will find these Pills valuable in so many ways, that they will not be willing to do without them.

But after all, Sick Headache is the bane of so many lives, that here is where we make our great boast. These Pills cure it, while others do not.

SEIGEL'S PILLS are sugar-coated and very easy to take. Two to four Pills at bedtime make a dose. They are strictly vegetable, and do not gripe or purge, but by their gentle action please all who use them.

# GENERAL DIRECTIONS FOR TAKING MOTHER SEIGEL'S SYRUP.

**DOSE—FIFTEEN TO THIRTY DROPS**, two or three times a day, in a wine-glass of water immediately after eating.

The quantity may be regulated by the patient, who will bear in mind that sufficient needs to be taken to operate on the bowels two or three times a day. The blood will thus be purified, the sweat glands of the skin will be opened, and the flesh made soft and healthy as an infant's. The kidneys and liver will do their duty, and all humors of the blood will be driven out of the system, and the body purified and restored to a sound and healthy condition. The medicine must be taken INSTANTLY after eating, so that it will become mixed with the food while in the stomach.

Commence by taking ten or fifteen drops three times a day, INSTANTLY after eating, in a little cold sweetened water. It is best not to take the syrup on an empty stomach. If this does not give relief, increase the dose to thirty drops, always to be taken INSTANTLY after eating, so that the syrup may become mixed with the food while being digested. It is essential that the bowels be made to move freely every day, and if the above doses of syrup be not sufficient to effect this, take one to four of Mother Seigel's Operating Pills at bedtime. It is better to take the pills than to increase the dose of the syrup.

Mother Seigel's Syrup is put up in a highly concentrated form, the full dose being thirty drops (half a teaspoonful), and contains sixty average doses, being about One Cent Per Dose.

## MOTHER SEIGEL'S OINTMENT FOR BURNS, SCALDS, AND ALL INFLAMMATIONS, PILES, CHILBLAINS, &c.

Every family requires some kind of Ointment to be kept in the house, to be used in cases of Burns, Scalds, Sores, Bruises, &c. For this reason we have made SEIGEL'S OINTMENT, which will be found invaluable in such cases.

### DIRECTIONS FOR USE.

**For Blisters, Burns and Scalds.**—Spread a plaster with Seigel's Ointment on fine linen cloth, and apply to the part, so as to exclude the air; renew the plaster daily.

**For Sprains.**—Soak with cold water every day, and apply a plaster spread with the Ointment twice or three times a day.

**For Sore Eyes.**—Rub the Ointment on the eyelids once or twice a day.

**For Boils and Swellings.**—Rub the Ointment on the affected parts several times a day.

**For Piles.**—Wash in cold water every day, and apply the Ointment several times a day.

**For Inflammation.**—Apply a plaster spread with the Ointment several times a day.

**Rheumatism.**—While waiting for the effect of Seigel's Syrup to operate upon the blood, the pain may be temporarily relieved by rubbing the part with the Ointment.

### The Retail Prices of these Medicines are as follows:

Mother Seigel's Syrup - - - - -	Per Bottle, 60 Cents.
Mother Seigel's Operating Pills - - - - -	" Box, 25 "
Mother Seigel's Soothing Ointment - - - - -	" " 25 "
Mother Seigel's Plasters - - - - -	Each, 25 "

In case the reader cannot obtain the medicine from a local dealer, we will forward the same free on receipt of P.O. Order or stamps, in a registered letter, for the quantity required.

*Address,*

**A. J. WHITE & CO.,**

71 St. James Street, Montreal, P.Q.

**FOR SALE BY ALL DRUGGISTS AND DEALERS IN MEDICINE GENERALLY.**

# 1894

JULY.						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

AUGUST.						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

SEPTEMBER.						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

NOVEMBER.						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

OCTOBER.						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

DECEMBER.						
Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2	3	4	5	6	7
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29

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Pill will  
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all  
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